

NEW CENTURY EDITION.

THE HOUSEHOLD COOK BOOK

A Complete and Comprehensive Collection
of New, Choice and Thoroughly Tested
Recipes, including every Department of
Domestic Cookery, especially adapted for
Household Use.

Also containing Medical and Toilet Hints,
Invalid Cookery, Plans for Setting the
Table, Carving and a great variety of
Information invaluable to every Housewife

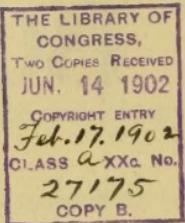
Edited by JAMES B. SMILEY

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PREFACE.

HE following pages are the result of many years of experiment, investigation and study. We have aimed to prepare a work for the use of housekeepers on a more thorough and comprehensive plan than has been heretofore attempted.

As the book is intended for the use of the average housekeeper, there is nothing in it which cannot be easily understood by any person of ordinary intelligence, for we have taken much pains to present the results of modern scientific investigations in a clear and simple way, avoiding, as far as possible, the use of technical terms.

Most of the household books in current use give the processes for doing things merely, with no attempt to explain the *reasons* for the processes or the *principles* which underlie them. We also give, as clearly as possible, the most detailed directions in all our recipes, but *we do not stop there*, as we think any one can work more intelligently by understanding not only *how* to do a certain thing, but also *why* it is done one way rather than another, and the principles which underlie the process. For this reason, throughout the work, we systematically explain *principles* as well as processes. We have long felt that a sad defect in most cook books is their utter failure to explain those simple, fundamental principles which every cook should, if possible, understand. If these principles are once thoroughly understood the mystery and uncertainty of kitchen operations will vanish, and cooking will simply be adopting certain clearly understood methods to produce certain definite results, and success will always follow.

For years we have been gathering material for this book, resulting in the accumulation of a great mass of recipes. These have been tested and culled, and in making selections our rule has been to choose those which were most simple and economical, because the book is primarily designed for the use of the masses, whose means are always limited, and we aim to meet their every day wants, although we present also an ample number of more elaborate recipes suitable for special occasions. Our endeavor has been to make the collection as complete and comprehensive as possible, and to give new, choice, and well-tested recipes in every department of household cookery.

PREFACE

The "Time Tables for Cooking," and also the "Time to Cook" given with recipes throughout the book, will be very convenient and helpful to our readers and this is a feature which is lacking in most other cook books. Its preparation has cost us much labor.

In the chapter on "Cake" we have adopted a new arrangement of the recipes, and used an exceptionally large and clear type which for practical kitchen use will be found a great convenience. The type used throughout the book is large, clear and new, and the ease with which it can be read will be appreciated by busy housewives.

The colored plates and numerous illustrations with which the book is embellished have required much labor and expense, and they will make many of the subjects much clearer than any wholly verbal description could possibly do.

In preparing this work we have constantly had four main objects in view. (1) To secure the fullest, latest, and most reliable information possible on the subjects treated. (2) To explain processes and methods for saving time and labor, for the average housewife is sadly overworked and her time and strength are of the utmost value. (3) To select the best and most economical recipes; and (4) to point out ways to prevent waste.

The effort of the editor has been to produce a thoroughly reliable and a plain and practical guide to housekeeping in all its branches, which no housewife can afford to do without.

The book has not been written by any one individual, but many pens have been employed more or less in its preparation.

The book will certainly shed much needed light on the problems which confront and often harass housekeepers, explain the fundamental principles which underlie their work, and present a mass of recipes which will materially aid them in their labors.

James B. Smiley, Editor.

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TABLE SHOWING THE COMPARATIVE AMOUNT OF NUTRIENTS IN DIFFERENT FOODS.

The following table will show the comparative amount of nutrients, after evaporating the water, remaining in the edible portions of the more important articles of food, *i.e.*, after removing the refuse, like bones, shell, skin, etc. The nutritive value of the different foods, and the elements of which they are composed, are explained more fully elsewhere, but this table will bring clearly before the eye, at a glance, the striking difference in the nutritive value of different foods. In vegetables, one of their great benefits to the system is derived from the potash and other salts which they contain, as we elsewhere explain, and these make little showing in a table like this, but the table will serve to give some idea of the value as food of different articles. There is a lamentable ignorance at the present time regarding the true value to the system of different articles of food, causing much loss, which is especially burdensome to poor people.

MEATS, ETC.

Beef, Brisket of.....	—————
Beef, Dried.....	—————
Beef, Flank of.....	—————
Beef, Flank, Corned.....	—————
Beef, Neck of.....	—————
Beef, Ribs of.....	—————
Beef, Shoulder of.....	—————
Beef, Sirloin of.....	—————
Beef, Round of.....	—————
Beef, Liver of.....	—————
Beef, Heart of.....	—————
Beef, Tongue of.....	—————
Veal, Shoulder of...	—————
Mutton, Breast of...	—————
Mutton, Flank of....	—————
Mutton, Leg of.....	—————
Mutton, Neck of....	—————
Mutton, Shoulder of...	—————
Lamb, Leg of.....	—————
Lamb, Loin of.....	—————
Lamb, Neck of.....	—————
Lamb, Shoulder of...	—————
Pork, Shoulder roast	—————
Pork, fat, salt.....	—————
Pork, smoked ham..	—————
Sausage, Pork.....	—————
Tripe, soused.....	—————
Chicken.....	—————
Turkey.....	—————
Eggs, Hen's.....	—————

FISH AND SHELL-FISH.

Bass, black.....	—————
Blue Fish.....	—————
Codfish, fresh.....	—————
Codfish, salt.....	—————
Eel, salt water.....	—————
Flounder.....	—————
Haddock.....	—————
Haddock, smoked...	—————
Halibut, fresh.....	—————
Halibut, smoked...	—————
Herring, fresh.....	—————
Mackerel, fresh.....	—————
Mackerel, salted...	—————
Salmon, fresh.....	—————
Sardines, canned...	—————
Trout, brook.....	—————
Whitefish.....	—————
Clams.....	—————
Lobsters, fresh.....	—————
Oysters, fresh.....	—————
Shrimp.....	—————

DAIRY PRODUCTS.

Milk.....	—
Butter.....	—
Cheese, full cream.....	—
Cheese, skim milk.....	—
Oleomargarine	—

VEGETABLES.

Asparagus.....	—
Beans, Lima, green.....	—
Beans, string, green.....	—
Beans, dried.....	—
Beets.....	—
Cabbage.....	—
Carrots.....	—
Cauliflower.....	—
Cucumber.....	—
Corn, sweet, green.....	—
Corn, sweet, canned.....	—
Egg Plant.....	—
Lettuce.....	—
Onions.....	—
Okra.....	—
Peas, green.....	—
Peas, dried	—
Potatoes.....	—
Potatoes, sweet.....	—
Pumpkin.....	—
Rice.....	—
Spinach.....	—
Squash.....	—
Turnips.....	—
Tomatoes.....	—

CEREALS, ETC.

Barley, pearl.....	—
Flour, graham.....	—
Flour, entire wheat.....	—
Flour, buckwheat.....	—
Flour, rye.....	—
Flour, wheat.....	—
Cornmeal.....	—
Oatmeal.....	—
White hominy.....	—
Buckwheat farina.....	—
Bread, graham.....	—
Bread, rye.....	—
Bread, wheat.....	—
Boston crackers.....	—
Graham crackers.....	—
Oatmeal crackers.....	—

FRUITS.

Apples.....	—
Bananas.....	—
Blackberries.....	—
Cherries.....	—
Cocoanuts.....	—
Cranberries.....	—
Grapes.....	—
Lemons.....	—
Peaches.....	—
Pineapples.....	—
Strawberries.....	—
Watermelon.....	—
Whortleberries.....	—
Walnuts.....	—

**TABLE SHOWING THE COMPARATIVE AMOUNT OF NUTRIMENT WHICH
25 CENTS WILL BUY WHEN INVESTED IN DIFFERENT FOODS.**

The following table shows at a glance the comparative amount of nutriment which 25 cents will buy when invested in different foods at the ordinary retail prices in the city. In studying the table, however, the advantage of a variety in food should be borne in mind, as the fruits furnish the system with acids, and fresh vegetables furnish potash and other salts which are of the highest value. A thorough knowledge of the nutritive value of foods will enable many people to make a material saving in their household expenses.

MEATS, ETC.

Beef, brisket of.....	_____
Beef, dried.....	_____
Beef, flank of.....	_____
Beef, neck of.....	_____
Beef, ribs of.....	_____
Beef, shoulder of.....	_____
Beef, sirloin of.....	_____
Beef, round of.....	_____
Beef, liver of.....	_____
Beef, heart of.....	_____
Beef, tongue of.....	_____
Veal, shoulder of.....	_____
Mutton, breast of.....	_____
Mutton, flank of.....	_____
Mutton, leg of.....	_____
Mutton, neck of.....	_____
Mutton, loin of.....	_____
Mutton, shoulder of.....	_____
Lamb, leg of.....	_____
Lamb, loin of.....	_____
Lamb, neck of.....	_____
Lamb, shoulder of.....	_____
Pork, fresh.....	_____
Pork, fat, salt.....	_____
Pork, smoked ham.....	_____
Sausage, pork.....	_____
Tripe, soused.....	_____
Chicken.....	_____
Turkey.....	_____
Hen's Eggs.....	_____

FISH AND SHELL-FISH.

Bass.....	_____
Bluefish.....	_____
Cod.....	_____
Eels.....	_____
Flounder.....	_____
Haddock.....	_____
Halibut.....	_____
Herring.....	_____
Mackerel.....	_____
Perch.....	_____
Pickerel.....	_____
Salmon.....	_____
Shad.....	_____
Smeits.....	_____
Swordfish.....	_____
Trout.....	_____
Whitefish.....	_____
Clams.....	_____
Crabs.....	_____
Oysters.....	_____
Lobsters.....	_____
Shrimp.....	_____

DAIRY PRODUCTS.

Milk.....	_____
Butter	_____
Oleomargarine.....	_____
Cheese, full cream.....	_____
Cheese, skim milk.....	_____

VEGETABLES.

Asparagus.....	—
Beans, lima, green.....	_____
Beans, dried	_____
Beets.....	_____
Cabbage.....	—
Carrots	_____
Cauliflower	—
Cucumber	—
Corn, sweet, green.....	_____
Lettuce.....	—
Onions	—
Peas, green.....	_____
Peas, dried.....	_____
Potatoes.....	_____
Potatoes, sweet.....	_____
Pumpkin.....	—
Rhubarb.....	—
Rice	_____
Spinach.....	—
Squash.....	—
Turnips.....	—
Tomatoes	—

FRUITS.

Apples.....	—
Bananas.....	—
Blackberries.....	—
Cherries	—
Cranberries.....	—
Dates	—
Grapes.....	—
Lemons	—
Pineapples.....	—
Strawberries.....	—
Watermelons	—

CEREALS, ETC.

Barley, pearl.....	_____
Flour, graham.....	_____
Flour, entire wheat.....	_____
Flour, buckwheat.....	_____
Flour, rye.....	_____
Flour, wheat.....	_____
Cornmeal	_____
Oatmeal	_____
White hominy.....	_____
Buckwheat farina.....	_____
Bread, graham.....	_____
Bread, rye.....	_____
Bread, wheat.....	_____
Boston crackers.....	—
Graham crackers.....	—
Oatmeal crackers.....	—

TABLES OF WEIGHTS AND MEASURES.

NOTICE.—The standard of measure which we have adopted in this book is the ordinary coffee cup, which holds $\frac{1}{2}$ pint. Where not otherwise specified, we always mean that by a cup. Of course the size of the cups and spoons in actual use vary somewhat, and extraordinary dampness or dryness of the materials will affect their weight, but these tables are as accurate as we can make them. In making up any recipe, using the same measure throughout will keep the proportions correct.

Before measuring sugar, meal, flour, soda, salt and spices, they should be sifted. Materials like baking powder or mustard, which have been packed, should be stirred and crushed if you do not sift them. .

To get $\frac{1}{2}$ a spoonful, fill the spoon, divide it through the center lengthwise, and use one-half. To get an even spoonful of any dry material, fill the spoon and level it off with a knife. A heaping spoonful is all it will hold. To get a spoonful, fill the spoon and shake it a little until it is slightly rounded on top.

As a cup is smaller at the bottom than at the top, $\frac{1}{2}$ a cup does not mean to fill it $\frac{1}{2}$ the way up, but a little more than that. The tin measuring cups holding $\frac{1}{2}$ pint, and divided into fourths and thirds, are the best to use; they can be purchased at tin or hardware stores.

Throughout the work, to save space, we drop off the "ful" in such words as "cupful," "tablespoonful," etc., and write simply "cup," "tablespoon," etc. We always mean full measure unless we add the word "heaping," or "scant."

COMMON ARTICLES OF FOOD.

ALMONDS:—1 cup, shelled, weighs 7 ounces.
BARLEY:—1 cup weighs 4 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.
BREAD CRUMBS: grated:—1 cup weighs 2 ounces.
BUTTER:—1 even cup, hard or melted, weighs 7 ounces; 2 full cups weigh 1 pound; a rounded tablespoon weighs 1 ounce; the "size of an egg" weighs 2 ounces.
CITRON:—1 cup of chopped weighs 7 ounces.
COFFEE, ground:—4 cups weigh 1 pound; 1 cup weighs 4 ounces; 2 rounded tablespoons weigh 1 ounce.
CORNMEAL:—1 even cup weighs $4\frac{1}{2}$ ounces; a heaping tablespoon $\frac{1}{2}$ ounce.
CORN-STARCH:—1 cup weighs 5 ounces; a heaping tablespoon $\frac{1}{2}$ ounce; 3 cups equal 1 pound.
CURRENTS:—1 cup, cleaned and dried, weighs 6 ounces.
DATES:—1 cup weighs $\frac{1}{2}$ pound.
Eggs:—10 eggs, average size (or 9 if very large) weigh 1 pound; 1 white of egg weighs about 1 ounce, and 1 yolk about 1 ounce.
Figs:—1 cup weighs $\frac{1}{2}$ pound.
Flour (wheat, well sifted always):—1 quart, heaped, weighs 1 pound; 1 cup, level, weighs 4 ounces, or 6 ounces when heaped; 4 cups equal 1 pound or 1 quart; 1 tablespoon, heaped, holds 1 ounce; 1 teaspoon, heaped, $\frac{1}{2}$ ounce.
LARD:—Same as butter.

COMMON ARTICLES OF FOOD—Continued

MEAT:—1 solid cup of chopped meat weighs 8 ounces; a pint=1 pound.
NUTMEGS:—5 medium sized nutmegs weigh 1 ounce.
PRUNES:—1 cup weighs $\frac{1}{2}$ pound.
RAISINS:—1 cup weighs $\frac{1}{2}$ pound, or 8 ounces.
RICE:—1 cup, heaped, weighs 8 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.
SALT:—A "pinch"=1 saltspoon.
SAGO:—1 cup, heaped, weighs 8 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.
SUET:—Same as butter.
SUGAR, granulated, or dry brown:—1 cup, heaped, weighs 8 ounces; 1 tablespoon, heaped, 1 ounce. Powdered sugar:— $2\frac{1}{2}$ cups equal 1 lb.
TEA:—1 cup, heaped, weighs 2 ounces; 1 tablespoon, heaped, weighs $\frac{1}{4}$ ounce; 1 teaspoon, heaped, $\frac{1}{8}$ ounce.
WALNUTS:—1 cup, shelled, weighs 7 ounces.

LIQUIDS.

CREAM:—1 cup holds $\frac{1}{2}$ pint and weighs 7 ounces.
MILK:—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces.
MOLASSES:—1 cup holds $\frac{1}{2}$ pint and weighs 12 ounces.
VINEGAR:—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces.
WATER:—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces; 2 cups weigh 1 pound.

MEASURING CUPS, ETC.

CUP:—1 cup holds 2 gills, or $\frac{1}{2}$ pint, or 8 ounces of liquid; or 16 tablespoons of liquid; 4 cups of liquid equal 1 quart; 4 cups of flour equal 1 quart or 1 pound; 1 cup holds 4 ounces of coffee or 2 ounces of tea.

BASTING-SPOON:—4 basting-spoons make 1 cupful; 1 basting-spoon equals 4 tablespoons or 8 teaspoons.

SALTSPoon:—4 saltspoons of liquid equal 1 teaspoon.

TABLESPOON:—1 tablespoon holds $\frac{1}{2}$ ounce of water; 8 tablespoons liquid make 1 gill; 16 tablespoons of liquid make 1 cupful; 12 tablespoons, or 8 *heaping* tablespoons, of dry material equal 1 cup; 4 tablespoons of liquid make 1 wineglass; 8 tablespoons of liquid make 1 gill; 2 rounded tablespoons equal 1 ounce of flour or coffee; 1 tablespoon, heaped, holds $\frac{1}{2}$ ounce barley, cornmeal, cornstarch, ground spice, sago, sugar or coffee, and $\frac{1}{4}$ ounce of tea.

TEASPOON:—4 teaspoons of liquid equal 1 tablespoon; 3 teaspoons of dry material equal 1 tablespoon. 1 teaspoon holds $\frac{1}{4}$ ounce of coffee and $\frac{1}{8}$ ounce of tea.

A TUMBLER, common size, holds $\frac{1}{2}$ pint, or 8 fluid ounces, or 1 cup.

A WINE GLASS, common size, holds $\frac{1}{2}$ gill, or 2 fluid ounces, or $\frac{1}{2}$ cup.

AVOIRDUPOIS WEIGHT.

16 drams (dr.) make 1 ounce (oz.).
16 ounces make 1 pound (lb.).
25 pounds make 1 quarter (qr.).
4 quarters make 1 hundred weight (cwt.).
20 hundred weight make 1 ton (T.).

LIQUID OR WINE MEASURE.

4 gills make 1 pint (pt.).
2 pints make 1 quart (qt.).
4 quarts make 1 gallon (gal.).
 $3\frac{1}{2}$ gallons make 1 barrel (bbl.).
63 gallons make 1 hogshead (hhd.).
2 hogsheads make 1 pipe or butt (pi.).

DRY MEASURE.

2 pints make 1 quart.
8 quarts make 1 peck.
4 pecks make 1 bushel.
8 bushels make 1 quarter.

CLOTH MEASURE.

$2\frac{1}{4}$ inches make 1 nail.
4 nails make $\frac{1}{4}$ yard.
4 quarters make 1 yard.
3 quarters make 1 Ell Flemish.
5 quarters make 1 Ell English.

Cloth Measure is little used at present. In measuring goods sold by the yard, it is divided into *halves*, *quarters*, *eighths* and *sixteenths*.

LINEAR MEASURE.

12 inches=1 foot.
3 feet=1 yard.
 $5\frac{1}{2}$ yards=1 rod or pole.
40 rods=1 furlong.
8 furlongs=1 mile.
3 miles=1 league.
3 barley-corns=1 inch.
3 inches=1 palm.
4 inches=1 hand.
9 inches=1 span.
21.888 inches=1 sacred cubit.
18 inches=1 English cubit.
11 feet=1 great cubit.
6 feet=1 fathom.
120 fathoms=1 cable's length.
6086.7 feet=1 knot.
3 feet=1 pace.
1,152 $\frac{1}{3}$ common miles=1 geographical mile.
3 geographical miles=1 league.
60 geographical miles=1 degree.
360 degrees=the circumference of the globe.

THE METRIC SYSTEM.

Measures of Weights.

1 milligramme=0.015432 grains.
1 gramme=15.432 grains.
1 decagramme=0.022046 pounds.
1 hectogramme=0.22046 pounds.
1 kilogramme=2.2046 pounds.
1 myriagramme=22.046 pounds.

Measures of Capacity.

1 millilitre=0.0610 cubic in.=338 fluid oz.
1 litre=1.0567 quarts.
1 dekalitre=2.6417 gallons.
1 keklotitre=26.4175 gallons=2.84 bushels.
1 kilolitre=264.175 gallons=2837 bushels.

Measures of Length.

1 millimetre=0.03937 inch.
1 centimetre=0.3937 inch.
1 metre=39.37 inch.
1 decametre=32.809 feet.
1 hectometre=328.09 feet.
1 kilometre=.6213 mile.
1 myriametre=6.2138 mile.

MEDICINAL TERMS AND APOTHECARIES WEIGHTS AND MEASURES.

Measures.

- 60 minims (M) or drops=1 fluidrachm
(f. z.)
8 fluidrachms=1 fluid ounce (f. z.)
16 fluid ounces=1 pint (O.)
8 pints=1 gallon (*Cong.*)

Weights.

- 20 grains (gr. xx)=1 scruple (D or sc.)
3 scruples (D iij)=1 drachm (3 or dr.)
8 drachms (3 viij)=1 ounce (z or oz.)
12 ounces (z xij)=1 pound (lb.)

Physicians in writing prescriptions use the Roman numerals instead of figures, but the small letters only, which they precede by the symbols. They write j for i when it terminates a number. Thus z vij means 7 ounces, D xiv means 14 scruples, etc. R is an abbreviation for recipe, or take; P for *particula*, or little part; q. s. quantity sufficient; P. æq. for equal parts; q. p. as much as you please; gr. for grain; ss. for *semi*; a, aa. for equal quantities; ii for 2; gtt is a drop; Cong. is an abbreviation of *cōgius*, the latin for gallon; O. for *octarius*, the latin for one=eighth. The *minim* is equal to a drop of water; a *pint* of water weighs a pound.

MISCELLANEOUS TABLES COMPRISING VARIOUS THINGS WORTH KNOWING.

COUNTING.—12 units make a dozen; 12 dozen make a gross; 12 gross make a great gross. 20 units make a score.

PAPER.—24 sheets make 1 quire; 20 quires make 1 ream; 2 reams make 1 bundle.

BOOKS.—A sheet of paper folded in two leaves makes a folio or 4 pages; in 4 leaves a quarto, 4 to, or 8 pages; in 8 leaves an octavo, 8 vo, or 16 pages; in 12 leaves, a duodecimo, 12 mo, or 24 pages; in 16 leaves, a 16 mo, or 32 pages; in 18 leaves an 18 mo, or 36 pages. These terms are applied without regard to the size of the sheet folded, which may vary widely.

MISCELLANEOUS TABLES

(Continued.)

- Apples, dried, a bushel=22 to 28 lbs.*
Apples, green, a bushel=50 lbs.†
Beets, a bushel=50 to 60 lbs.*
Barley, a bushel=48 lbs.†
Beans, a bushel=60 lbs.*
Bran, a bushel=20 lbs.
Buckwheat, a bushel=40 to 52 lbs.*
Butter, a firkin=56 lbs.
Carrots, a bushel=50 to 55 lbs.*
Charcoal, a bushel=22 lbs.
Clover seed, a bushel=60 lbs.
Corn, a bushel, shelled=56 lbs.†
Corn, a bushel, unsheathed=70 or 68 lbs.*
Cornmeal, a bushel=48 lbs.†
Cranberries, a bushel=33 lbs.†
Feathers, a bale=about 1 cwt.
Flaxseed, a bushel=56 lbs.
Fish, a quintal=100 lbs.
Fish, a barrel=200 lbs.
Flour, a barrel=196 lbs.
Hempseed, a bushel=44 lbs.
Hickory-nuts, a bushel=60 lbs.
Honey, a gallon=12 lbs.
Meat, a stone=80 lbs.
Molasses, a hogshead=130 to 150 gals.*
Oats, a bushel=32 lbs.†
Onions, a bushel=48 to 57 lbs.*
Parsnips, a bushel=155 lbs.†
Peaches, dried, a bushel=28 to 33 lbs.*
Peas, dried, a bushel=60 lbs.
Peas, in pod, a bushel=32 lbs.*
Popcorn, a bushel=70 lbs.
Potatoes, a bushel=60 lbs.
Potatoes, sweet, a bushel=50 lbs.*
Pork, a barrel=200 lbs.
Rice, a barrel=600 lbs.
Raisins, a barrel=112 lbs.
Rye, a bushel=56 lbs.
Salt, a barrel=280 lbs.
Salt, a bushel=70 lbs.
Soap, a barrel=256 lbs.
Soap, a box=56 lbs.
Sugar, a barrel=200 to 250 lbs.*
Tea, a chest=60 to 84 lbs.*
Timothy seed, a bushel=45 lbs.†
Tobacco, a hhd.=168 lbs.
Turnips, a bushel=55 lbs.†
Wheat, a bushel=60 lbs.
Wood, a tod=28 lbs.

† In most states, but varies.

* Varying in different states.

DEGREES OF HEAT FROM FUEL.

Coal produces 1000° F.: wood (hard) 800° to 900°; charcoal (ordinary) 700°; charcoal (willow) 600°.

TIME TABLES FOR COOKING.

TIME TO COOK MEATS.

Beef, brisket of, boiled gently, about 30 minutes per lb.
Beef, corned, boiled gently, about 31 minutes per lb.
Beef, fillet of, rare, in moderate oven, $\frac{3}{4}$ to 1 hour.
Beef, rib-roast, rolled, rare, in moderate oven, 10 minutes per lb.
Beef, sirloin, roasted in oven, rather underdone, 9 minutes per lb.
Mutton, leg of, roasted, rather rare, 10 minutes per lb.
Mutton, loin of, roasted, rare, 9 minutes per lb.
Mutton, saddle of, roasted, rare, 10 minutes per lb.
Mutton, shoulder, stuffed, roasted, well done, 16 minutes per lb.
Mutton, leg of, boiled, gently, 17 minutes per lb.
Veal, fillet of, roasted in slow oven, well done, 20 minutes per lb.
Veal, loin of, roasted in slow oven, well done, 17 minutes per lb.
Veal, shoulder, stuffed, roasted in slow oven, well done, 20 minutes per lb.
Pork, leg of, roasted in slow oven, well done, 20 minutes per lb.
Pork, loin of, roasted in slow oven, well done, 18 minutes per lb.
Pork, shoulder of, roasted in slow oven, well done, 20 minutes per lb.
Liver, roasted, well done, in moderate oven, about 2 hours.
Bacon, boiled gently, 15 minutes per lb.
Ham, boiled gently, 20 minutes per lb.
Tripe, boiled, nearly 5 hours.
Meat for bouillon, simmer gently, 35 minutes per lb.
Tongue, salted, boiled, 3 to 4 hours.

TIME TO COOK POULTRY, ETC.

Chicken, boiled gently, 20 minutes per lb.
Chicken, roasted in oven, 20 minutes per lb.
Duck, baked in hot oven, 20 to 30 minutes.
Duck, roasted, full growth, $\frac{3}{4}$ to 1 hour; duckling 25 to 35 minutes.
Fowl, old, boil gently, 20 to 30 minutes per lb.
Fowl, old, roasted, 20 to 30 minutes per lb.
Goose, roast, 1 to $1\frac{3}{4}$ hours, according to size.
Grouse, roasted in oven, 30 to 35 minutes.
Partridge, roasted in oven, 25 to 35 minutes.
Pigeons, roasted, 20 to 30 minutes.
Prairie Chicken, broiled, 4 to 6 minutes.
Quail, broiled, 4 to 6 minutes.
Rabbit, roasted in oven, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
Turkey, boiled gently, 20 minutes per lb.
Turkey, roasted in oven, 3 hours for an 8 lb. turkey.
Venison, haunch of, roasted, rare, 10 minutes per lb.
Venison, saddle of, roasted, rare, 10 minutes per lb.

TIME TO COOK VEGETABLES.

Artichokes, globe, boiled, $\frac{1}{2}$ to 1 hour, according to age, etc.
" Jerusalem, boiled, $\frac{1}{4}$ to $\frac{1}{2}$ hour, according to size.
Asparagus, boiled, 15 to 25 minutes.
Beans, shelled, boiled, 1 hour or more according to age.
Beans, shelled, baked, 8 to 10 hours in moderate oven.

TIME TO COOK VEGETABLES--(Continued.)

Beans, string, boiled, 1 to 3 hours, according to age, etc.
Beans, boiled, if young, about 1 hour; if old 2 to 4 hours.
Brocoli, boiled, about $\frac{1}{2}$ hour.
Brussels sprouts, boiled, 10 to 20 minutes.
Cabbage, winter, 1 hour or more; young, quartered, $\frac{1}{2}$ to $\frac{3}{4}$ hour; sliced $\frac{1}{3}$ hour.
Carrots, boiled, if young $\frac{1}{3}$ to $\frac{1}{2}$ hour; old, whole, 1 hour or more.
Cauliflower, boiled, 15 to 35 minutes.
Celery, boiled, $\frac{1}{2}$ hour.
Corn, green, boiled, 20 to 25 minutes.
Cucumbers, boiled, 12 to 15 minutes.
Endive, stewed, 5 to 10 minutes.
Kohlrabi, boiled, 15 to 20 minutes.
Lentiles, boiled, 2 hours or more.
Lettuce, steamed, 10 or 15 minutes.
Mushrooms, stewed, about $\frac{1}{4}$ hour.
Okra, boiled, $\frac{1}{2}$ hour or more.
Onions, boiled, if young $\frac{1}{2}$ to 1 hour; if old 2 hours or more.
Parsnips, boiled, if small $\frac{1}{2}$ to 1 hour; large, 1 to $1\frac{1}{2}$ hours.
Peas, green, boiled, $\frac{1}{4}$ hour or more, according to age, etc.
Potatoes, boiled, 25 to 35 minutes.
Potatoes, baked, $\frac{3}{4}$ to 1 hour.
Sweet potatoes, boiled, $\frac{3}{4}$ to 1 hour.
Sweet potatoes, baked, 1 to $1\frac{1}{4}$ hours.
Pumpkin, stewed, 4 to 5 hours.
Salsify, boiled, about 1 hour.
Sea-kale, boiled, 15 to 20 minutes.
Sorrel, scalded, 10 to 15 minutes.
Spinach, covered closely, about 1 hour.
Squash, boiled, 20 to 30 minutes.
Squash, baked, about 1 hour.
Tomatoes, baked, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
Tomatoes, stewed, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
Turnips, boiled, if young 15 to 20 minutes; if old $\frac{3}{4}$ to $1\frac{1}{4}$ hours.
Yams, boiled, $\frac{3}{4}$ to 1 hour.

TIME TO BAKE.

Beans, 8 to 10 hours.
Beef, sirloin, rare, 8 to 10 minutes per lb.
Beef, sirloin, well done, 12 to 15 minutes per lb.
Beef, long or short fillet, 20 to 30 minutes per lb.
Beef, rolled rib or rump, 12 to 15 minutes per lb.
Biscuit, 10 to 20 minutes.
Bread, brick loaf, 40 to 60 minutes.
Cake, thin, 15 to 20 minutes; thick, 30 to 40 minutes; fruit, 2 to 3 hours.
Cake, sponge, 45 to 60 minutes.
Chicken, 3 to 4 lbs., 1 to $1\frac{1}{2}$ hours.
Cookies, 10 to 15 minutes.
Custards, 20 to 30 minutes in a moderate oven.
Duck, tame, 40 to 60 minutes.
Fish, 6 to 8 lbs., 1 hour.

TIME TO BAKE—(Continued.)

Gingerbread, 20 to 30 minutes.
Graham Gems, $\frac{1}{2}$ hour.
Lamb, well done, 15 minutes per lb.
Mutton, rare, 10 minutes per lb. — well done 16 minutes per lb.
Pies, $\frac{1}{2}$ to $\frac{3}{4}$ hour
Pork, well done, 30 minutes per lb.
Potatoes, 25 to 40 minutes, according to age etc.
Pudding,—bread, rice and tapioca, $\frac{3}{4}$ to 1 hour.
Pudding,—plum, 2 to 3 hours.
Rolls, 10 to 15 minutes.
Turkey, 8 lbs., 3 hours.
Veal, well done, 20 minutes per lb.

TIME TO BROIL.

Chickens, about 20 minutes.
Chops, 8 minutes.
Steak, 4 to 8 minutes.
Fish, 5 to 15 minutes.

TIME TO FRY.

Bacon, 3 to 5 minutes.
Breaded chops, 4 to 6 minutes.
Croquettes, 1 to 2 minutes.
Doughnuts, 3 to 5 minutes.
Fish balls, 1 minute.
Fritters, 3 to 5 minutes.
Muffins, 3 to 5 minutes.
Small fish, 1 to 3 minutes.
Smelts, 1 minute.

BOILING WATER.—Water boils at 212° at sea level. In high altitudes the air being lighter, the pressure on top of the water is less, and so it more easily rises into vapor. The temperature at which water boils decreases about one degree for each 600 feet above sea level. In a vacuum water boils at about 100° ; at an altitude of 6,500 feet it will boil at about 200° ; at 9,000 feet, it boils at about 194° and so on. Down in a mine, the air pressure on top being greater, water boils at a higher temperature. Salt water boils at a higher temperature than fresh, its boiling point being about 224° or less, according to its saltiness. Water is equally hot whether it boils fast or slow, and if fresh it will not rise above 212° in an open kettle. In high altitudes longer boiling may compensate in part for the lower temperature, but in very high altitudes it is difficult to boil food at all. When boiling, the water at the bottom of the kettle is turned to vapor by contact with the hot metal, and rises toward the surface; the bubbles are condensed by the colder water near the top, if the water only simmers, but in *boiling* water the bubbles of vapor rise to the surface, burst and escape in the form of steam. The “bubbling” of the water is caused by this rising vapor. The active bubbling which takes place in violent boiling may sometimes be of service in cooking, although it is more often objectionable. *Violent* boiling is a great waste of fuel, and many of the more volatile and savory particles of food are carried away in the steam, so that, as a rule, it is not desirable in cooking. (See also “Cooking in High Altitudes” page 358.)

TABLE OF PROPORTIONS.

BAKING POWDER.—For *bread*, use 4 even teaspoons to 1 quart of flour, or 1 teaspoon to each cup of flour. *Cake*, made light with eggs, needs less.

BATTERS.—Use 1 scant cup of liquid to each full cup of flour.

BREAD.—Use 1 scant cup of liquid for 3 full cups of flour.

CAKE.—For *plain cake* use 1 saltspoon of *spice* and 1 teaspoon of *extract* for each loaf of usual size, and 1 teaspoon baking powder to 2 cups flour. For *sponge cake* use 1 saltspoon of *salt* and 1 teaspoon of *extract* to 1 ordinary sized loaf.

CREAM OF TARTAR.—Use 2 full teaspoons to 1 level teaspoon of soda.

CUSTARDS.—Use 1 teaspoon of *extract* for 1 quart of custard, and 1 saltspoon of *salt* to 4 cups of milk.

EXTRACT.—Use 1 teaspoon to each loaf of plain or sponge cake, or to 1 quart of custard.

HERBS.—In soup, use for flavoring 1 teaspoon of mixed herbs to each quart of soup.

LIQUIDS.—For *bread* use 1 scant cup to 3 full cups flour; for *muffins* use the same for 2 full cups flour; for *batters* use the same for 1 full cup flour.

MUFFINS.—Use 1 scant cup liquid for three full cups flour.

PEPPER.—Use 1 saltspoon of white pepper to 1 quart of soup stock.

SALT.—Use 1 teaspoon to 2 quarts of flour, or to 1 quart of soup stock. Use 1 saltspoon to 1 quart of milk in custards, or to 1 loaf of sponge cake.

SODA.—Use 1 even teaspoon to 2 full teaspoons of cream of tartar; use 1 teaspoon soda to 1 cup *molasses*, or 2 cups *sour milk*.

SOUP.—In *soup stock* use 1 tablespoon of each chopped vegetable, 1 teaspoon of mixed herbs, 4 cloves, 4 pepper-corns, 1 teaspoon of salt, or 1 saltspoon of white pepper to each quart of stock. For each pound of meat and bone use 1 quart of water.

SPICE.—Use 1 saltspoon of any kind for 1 loaf of cake.

YEAST.—For each 2 cups of liquid used in bread, etc., use 1 cup liquid yeast, or $\frac{1}{2}$ of a yeast cake. 1 cup of liquid yeast is equal to $\frac{1}{2}$ cake of compressed yeast.

ALTERING RECIPES.

In order to be *sure* of the result, care should be taken in measuring all the ingredients, to use the exact quantities called for in a recipe, but if *all* the ingredients are changed in the same *proportion* (as for example, using twice as much, or $\frac{1}{2}$ or $\frac{2}{3}$ as much of each one) the result will not be affected. As has been well said by the author of "Quick Cooking," however, except in those cases like the cooking of meat and vegetables, the baking of bread, etc., where *definite chemical laws apply* (which cannot be violated without loss) the rules of cooking are not absolute and unchangeable. The large class of materials combined for producing flavors (as in soups, etc.) can be varied indefinitely, according to convenience and the materials at hand. Whenever you get hold of a recipe calling for numerous articles for flavoring, some of which you do not have, you can often use the recipe, putting in the flavorings you *do* have, or substituting others for those you lack, and still produce a very good dish, although it will, of course, be a new one—or, if not judiciously done, it may *not* be so good! Those who have mastered the principles of cookery and acquired a little experience can devise many new and excellent recipes.

INTOXICATING LIQUORS.

In all recipes contained in the department of cookery, which advised the use of intoxicating liquors, we have substituted fruit juices—often using orange or lemon juice. Nothing can excel the unfermented juices of fruits as a flavoring, or for giving a desirable piquancy to various dishes. They make an almost perfect substitute for liquors, and for obvious reasons are much safer for family use. Fruit juice can be easily substituted for liquor in any recipe by those who desire to do so. In fruit cake, $\frac{1}{3}$ cup or 10 tablespoons of molasses is equal to 1 wine glass of brandy or other liquor. Those so disposed can substitute molasses for liquor in this way in any such recipe found in books, magazines or newspapers; a cake thus made will be quite as good as though the liquor was used. As the alcohol evaporates in baking, however, liquors are not so objectionable in cakes as in sauces.

SOUPS.

SOUPS are of 2 kinds; the heavy, rich soups, made from stock prepared the day before, with the addition of other ingredients on the day of serving, and plain soups, made entirely in the morning before dinner. These latter will, no doubt, be more useful for ordinary occasions, being lighter, and quite as palatable, and they certainly are more economical than those made from stock.

Soups are made by cooking meat, fish or vegetables in water or milk, and they are seasoned with a great variety of flavorings. If you see a recipe calling for a great variety of ingredients, many of which you do not have, you will find that you can often use what ingredients you *do* have and still produce a very good soup, as many of the ingredients can be omitted without much loss—it will simply change the flavor a little. Remember that the 2 important points with soups are, (1) their nutritive properties, which are extracted from the meat, fish, etc., and (2) the flavoring derived from herbs, spices, etc., added for that purpose. Some soups will contain a good deal of nourishment and others very little; some will be very highly and others only slightly flavored.

The names are often given to soups because of their principal ingredients, as with "Beef," "Chicken," "Potato," or "Cabbage Soup," and sometimes because of the color, as "White," or "Brown Soup," while often they are purely fanciful. By bearing these things in mind, and by studying the principles involved in extracting the nutritive properties from the fish or meat, the inexperienced cook can soon master the mysteries of soup making, and she can then easily make new and appetizing combinations for herself.

The Utensils Used.—The soup-kettle or stock-pot for an ordinary family should hold from 6 quarts to 2 gallons. The allowance of soup for each person is a half pint, and unless the family is very large, a kettle of this size will give ample room for a full supply, after straining from the soup material. The best kettle is made of aluminum, and iron is next, and if kept scrupulously clean (as all cooking utensils should be) it will not discolor the soup. If anything should happen to turn color in it, there is nothing harmful in the oxide of iron, whereas, some articles of food are made poisonous if prepared in brass, copper, or lead, especially acid foods, if allowed

to stand in those vessels. The soup-kettle should be high in proportion to the size, as only a small surface in contact with the hot range is needed for the long, slow simmering required in the preparation of soups. A kettle of that form takes less room on the range, and when dinner is being prepared, this is desirable.

Other utensils used in the preparation of soups are, 1 coarse and 1 fine colander, and 2 or 3 squares of cheese-cloth for strainers. The *cloth strainer* should be boiled in water with a little cooking-soda added. If boiled in soap, the odor is apt to remain in the cloth, giving a bad flavor to the soup.

The Principles Involved in Soup Making.—Many cooks have little idea of the principles involved in extracting the nutritive properties from meat, but they are quite simple, and are as follows.* Fibre, fat, gelatine and albumen, with extractives and salts (to which some writers give the name of *osmazome*), are the component parts of all meats. Fibres swell up and soften when subjected to the action of hot water. They are a valuable and nourishing food, but are insoluble in water, and constitute nearly all that remains of meat after long boiling. Fat is dissolved by boiling, but as it is contained in cells covered by a very fine membrane which never dissolves, a portion of it always adheres to the fibres. The other portion rises to the surface of the stock, and is that which has escaped from the cells which were not whole, or which have burst by boiling. Fat is also added to thickened soups, where it combines with starch and does not rise to the surface. The gelatine is soluble in water, and is the basis and nutritious portion of soup stock. It is the gelatine which, when enough of it is present, causes the stock to become a jelly when cold.

Albumen surrounds the fibres of meat in its soluble state, just as it exists in an unboiled egg. It is soluble in cold or tepid water, but it begins to coagulate at 145° and sets into a jelly at 160° , for which reason it is evident that if the water is boiling when the meat is put in, or if it is afterwards made to boil up quickly, the albumen will harden, and will form a thin case or shell which will prevent the gelatine and osmazome from dissolving, and the result will be a thin

*Count Rumford, writing of his experiments in feeding the Bavarian army, says: "I constantly found that the richness or quality of a soup depended more upon the proper choice of the ingredients, and the proper management of the fire in the combination of these ingredients, than upon the quantity of solid nutritious matter employed; much more upon the art and skill of the cook than upon the sums laid out in the market." To which we may add, that the poor suffer more from the common lack of skill than the rich, because they are least able to bear the losses it entails, and therefore we say, that to no class is a clear understanding of the principles of cookery so important as to the poor.

and tasteless stock. Albumen partially dissolved, makes the cloudy appearance of soup and jelly; coagulated albumen is removed as scum. Scum is wasted food. It is well also to know that the size of the piece of meat affects the solubility of the albumen, as the part farthest from the surface will receive enough heat to be coagulated before it is dissolved, if the piece is large. *The extractives and salts* (osmazome) are soluble in water, cold or hot, and they give flavor and perfume to the stock. The flesh of old animals contains more than that of young ones, and brown meats contain more than white and make the stock more fragrant. By roasting meat, a portion is converted to caramel; therefore, by putting the remains of roast meats in the stock-pot a better flavor is obtained. Choose lean rather than fat meat for soup. See also what we say elsewhere about the principles involved in cooking meats.

Bones are composed of ossein, a gelatinous, fatty fluid something like marrow, and an earthy substance, to which they owe their solidity. As much gelatinous matter is contained in 2 oz. of bone as in 1 lb. of meat, but it is so incased in the earthy substance, that usually only the surface is dissolved in boiling water; when the bones are broken, there are more surfaces, and more gelatinous matter is dissolved; and by reducing the bones to powder, all the gelatinous matter can be obtained. Long continued boiling is, therefore, needed for bones, and this boiling should continue until the earthy matter is full of little empty holes where the gelatinous matter once was, and until the bone has lost $\frac{1}{3}$ of its weight. They should boil for days rather than hours. The best way to break bones is to pound them roughly in an iron mortar, adding a little water from time to time to prevent their heating. It is a great saving to thus utilize bones which are often entirely wasted. If the bones are finely broken, tie them up in a bag and put them in the stock-pot. Now gelatine forms the basis of stocks, but although nourishing, it is without taste, and so stock made entirely of it, is not liked. Flavoring and salts are needed to make it palatable, and when meat and vegetables are added to the cooking bones, they make the stock savory.

Stock.—When meat is used solely to make stock, cut it into very small pieces, put it into *cold* water, and heat very slowly; but if you wish to have stock and a piece of savory meat also, choose the freshest meat, and have it cut as thick as possible, for if it is a thin, flat piece, it will not look well, and will be soon spoiled by the boiling. It is impossible, however, to have *first rate* stock and *good* boiled meat at the same time, as the two objects are diametrically opposed.

As it extracts all the juices from the surface of meat to wash it, that should never be done unless it is absolutely necessary. Add *cold* water, and put the stock-pot on a gentle fire and heat it gradually. The albumen will dissolve if it is never heated above 160°, and will not coagulate, but as, in this state, it is much lighter than water, it will rise to the surface, and this is what makes the scum. The rising of the hardened albumen (*scum*) has the same effect in clarifying stock as the white of eggs (which is albumen) and, as a rule, it may be said, that the more scum there is, the clearer the stock will be. If you want clear stock, remove the scum when it rises thickly. Do not let the stock boil fast, because then part of the scum will be dissolved and another part will go to the bottom, thus making it difficult to obtain a clear broth. Always try to have the fire very regular, as then it will not be necessary to add cold water in order to make the scum rise; but if the fire is too warm at first, that will be necessary. If fried onions are added to stock, tie them in a bag, as they may cloud it without this precaution. Generally speaking, the longer the stock simmers, the better it will be.

Removing Fat.—The English and Americans prefer soup with the fat removed; it has become the *fashion* and the fat is thought to look badly, but the fat is food, and quite nutritious. The common people on the continent prefer their soup covered with “eyes” (fat). The scum is coagulated albumen, and if clean meat was used, the scum will not be objectionable; it is certainly nutritious, and to throw it away is clear waste. Its presence is not noticeable in thickened soups as it is mingled in and hidden by the other ingredients. Those who want clear soups can easily make them, but it is well to understand that they are less nutritious than others. In invalid cookery the fat is removed because the stomach is then weak, and often not able to digest it, but with healthy people the case is different.

When it is desired to remove the fat, soup can be allowed to stand until next day, and it can then all be taken off; then the soup can be re-warmed. Or any surplus fat on the surface of soup may be removed (after skimming off as much as possible with a spoon) by drawing a piece of blotting paper across it, which will remove all the remaining fat. Or to take fat from soups, sauces, etc., thoroughly wet a cloth with *cold* water and pour the stock through it; the coldness of the cloth will coagulate the fat, which will collect on the cloth; repeat if necessary; if any particles of fat remain, take them off with blotting paper as above. The fat on the cloth can be removed and clarified, and is good for many purposes.

Flavorings.—Add vegetables used for flavoring about an hour before serving soup; that is, do not add them until the juices are nearly extracted from the meat. Wash and pare the vegetables, cut them into small pieces, and keep them in cold water until ready to add them to the soup. They can be first blanched or parboiled if very strong or old. If desired, a part or all of the vegetables can be fried before being added to the soup; potatoes, cabbages and onions are better for being boiled in separate water before being added. Parsley, summer savory and celery are also often used; onions and garlic we speak of in a following paragraph. Some cooks occasionally use cloves, basil, bay leaf, nutmeg, etc. For a variety, try a little caraway seed in potato soup. Just before serving, add the salt and pepper.

SWEET BASIL is a tender annual, a native of Asia. The leaves and leafy tops are highly aromatic, and their flavor resembles that of cloves. It is much used in French cookery, but not much by English or American cooks.

The flavoring of all food is an important matter and should never be slighted. For soups and stews the best rule is to combine several flavors without having any one of them too prominent.

As boiling spoils the flavor of wines and catsups, if they are added, it should not be until just before serving. Unless the soup is to be thick, no flavor should be added, but if some of the meat and vegetables used are fried, it will improve the color and flavor, but be sure nothing, either meat or vegetable, is added, which will have the taste of being smoked or burnt.

Great richness may often be given to soups by the addition of fried cucumbers. Cut off celery leaves, dry them, and put them in a tin can, and you will have them the year round to flavor soups.

Using Onions.—Onions, garlic and shallot are disliked by so many people, that, in making stock, or any of the quickly made soups, it is better to leave them out; but as many people consider soup flavorless without those vegetables, a dish of stewed onions, garlic or shallot may be cooked separately, and on serving it, a little can be added to the soup given to those who like such flavors. In this way, soup either with or without onions can be served from the same tureen.

Onion juice for flavoring can easily be obtained by peeling and mincing an onion and squeezing it in an ordinary lemon squeezer, or cheese-cloth. The odor can be removed from the squeezer and knife by washing them in cold water.



BASIL.

THE CERVE is a plant belonging to the same family as the leek and onion, being the smallest of the onion tribe. Its properties are similar to the onion, and it is used like that in soups, sauces, salads, etc., but it is much stronger, and only about $\frac{1}{3}$ as much is needed.

THE SHALLOT, SHALOT or ESCHALOT is a native of Palestine. It was introduced into Europe by the Crusaders. It belongs to the same family as the common onion, but its flavor is stronger, and it does not leave an unpleasant odor behind. The leaves of the plant may be cut while growing, and used like young onions. It is used for high flavored soups and gravies, and is excellent when pickled. *Shallot vinegar* is used for flavoring soups, sauces, hashes, etc.

ROCAMBOLE is often called *Spanish Shallot*, and belongs to the order *Liliacæ*. It is very similar to garlic, but is milder.

Broth can be changed and often improved in flavor by using 2 or 3 kinds of meat at the same time; for example, with beef a little liver can be added, or with veal a piece of ham.

For seasoning, salt, whole and ground pepper, both black and white, cayenne, allspice, ginger, cloves, mace and cinnamon should be ready. Whole pepper is always used for white soups, as ground pepper makes them look dusty. As herbs and spices are more easily removed from soup, by straining, when whole than when ground, it is better to use them whole.

Be wary of seasoning and spices. A little of these things will go a long way. But a very little sugar judiciously added will often be found to greatly improve the flavor. Never indulge over freely in onion or shallot in soups. The condiments should not be added until just before the simmering is completed, in any soup, as they will harden the meat etc., with which they come in contact.

Hints.—When the meat, vegetables, etc., are put in the kettle add what water will be needed, as it will injure the flavor of soup to add more afterwards.

If too much salt is added by mistake, its taste may be modified by adding 2 or 3 teaspoons of vinegar; its acid will partially neutralize the alkaline salt; then add a little sugar to mask the taste of the vinegar.

No further general directions will be needed for making soups, as special directions accompany each recipe. The experienced cook can vary the rules according to the tastes of her family, while the novice in cookery will find the best results by adhering strictly to the recipes as given, as they have been tested and found good.

STOCK FOR SOUP.

All meat and bones, scraps and trimmings, used in making stock,



SHALLOT.

or plain soup, must be perfectly fresh, for the least taint in the meat is sure to spoil stock or soup. Soft water is also required, as this extracts the juices from the meat, and gelatine from the bones, much better than hard water. The proportion of meat and water for stock is about 1 pound of meat, bones and trimmings, for 2 quarts of water. The slow boiling does not much reduce the quantity, but a little boiling water may be added from time to time if any appreciable quantity has evaporated. When the meat separates from the bones, it can be taken out and used in making various side dishes found under the head of "Meats"—the bones remaining longer for the extraction of gelatine.

Mutton, lamb and pork are not good for stock, as the flavor of the former is unpleasant when re-cooked, and pork is too oily to use in this way, although many cooks do use ham bones in soups. Beef makes the best stock, as the flesh of mature animals contains more osmazome; an old fowl is a great addition to stock. Veal alone makes a fine white stock, but not so savory. Bones ought always to form a component part in the soup-kettle when making stock, and they should be finely broken, in order to extract all the gelatine.

Watch the stock-pot until it is ready to boil, then carefully take off all the scum as fast as it rises. When thoroughly skimmed, set back on the range where it will just simmer—do not boil rapidly as this hardens the albumen. It may be kept simmering on a gas or kerosene stove, if fire is not needed for other purposes. Stock while cooking should not be tightly covered. A sieve should be placed over the kettle to keep out flies, but close covering prevents the stock from being clear.

The vegetables used in making stock, are turnips, carrots, onions or garlic and celery. The meat should slowly cook 4 or 5 hours, and the vegetables the last hour, as vegetables should only be added in time to become thoroughly done when used in any soup; then strain it through the cloth strainer (called by foreign cooks a "tammy") into a tin pail, or deep tin pan, as it cools more quickly in tin than in any other vessel. The pail or pan must be entirely tinned, for if the tin is off the vessel, the stock may be discolored by standing in contact with iron;—the salt in the soup will attack the iron, and cause rust. While boiling, the salt does not attack the kettle unless it is new and rough, because, after using a smooth kettle for a while, the pores of the iron become filled with the fat of the meats cooked in it.

Place the tin containing the stock in an airy place, in the shade, where it will cool as quickly as possible, and cover it with a sieve to keep out the flies. When it is cooled, place it uncovered in the ice

chest for the fat to rise. The stock should be a firm jelly and will keep for a week in the ice chest. The next day after making it, the fat can all be removed from the top of the stock, and used in cooking vegetables. Wipe the top of the stock with a dry cloth, and then with a little cloth wet with extract of cloves to prevent its molding.

For ordinary cooking, especially in hot weather, it is better to make stock one day, for the soup of the following day, rather than take the risk of having it mold or sour. Remember that it must be cooled as quickly as possible without other covering than a sieve, which facilitates the escape of steam, and consequently the cooling of the stock, and at the same time keeps out the flies. If tightly covered, and the stock is a long time in cooling, it will ferment and sour, when it becomes poisonous. If only beginning to turn, it is said that it may be restored by tying some charcoal in a bag, putting it in the stock, and then boiling it.

STOCK NO. 1.

2 lbs. shin of beef well broken.	1 head of celery.
2 lbs. knuckle of veal.	4 whole cloves.
1 gallon cold water.	1 teaspoon of broken white pepper.
1 large onion.	1 teaspoon of sugar caramel.
3 carrots.	1 blade of mace, or a little nutmeg.
1 turnip.	1 soup bunch; salt.

STOCK NO. 2.

1 old fowl.	2 carrots.
4 lbs. veal bones well broken.	1 turnip.
1 gallon of cold water.	Salt and pepper.
2 onions.	Cloves and herbs.

STOCK NO. 3.

4 lbs. beef shin-bones, broken.	3 large carrots.
1 chicken.	1 turnip.
1 gallon cold water.	Salt and pepper.
3 large onions.	Cloves and herbs.

VEAL OR WHITE STOCK.

Wipe 4 lbs. knuckle of veal, break the bones, put it into one gallon of cold water, heat slowly, and simmer 4 hours, skimming well; then add 1 stalk of celery, 1 onion, 1 bay leaf and 1 tablespoon salt, and simmer 1 hour longer. It should jelly when cold, and the fat can easily be taken off. It can be melted for use and strained through cheese-cloth, or flannel, or clarified with egg if necessary and it is wanted very clear.

FISH STOCK.

Never throw away the water in which fish has been boiled; it is valuable for making fish sauce, and also cheap fish soups—(*soup maigre*). Therefore, in boiling fish, or any meats whatever, when the broth is, or may be wanted for stock, be careful about putting in too much salt. Salt in quantity is not needed for boiling fish—only a little to harden it, and the sauce served with it can contain more if liked. Many kinds of fish, after boiling in just sufficient water to cover them, will leave the broth a hard jelly when it is cold. This of course contains nourishment, and the next day can be utilized for a fine soup, by adding the bones and remnants of the boiled fish with additional seasoning and vegetables.

Stock, to Clear or Clarify.—For each quart of jellied stock, the whites of 2 eggs are required; melt the stock and let it get steaming hot, but not boiling; beat the whites of 2 eggs, with the shells which have been washed and well crushed, and stir into the hot stock, then let it come to the boiling point; set it back on the range and simmer 15 minutes; strain through a flannel bag; keep returning it through the bag until it runs through bright and clear. In cold weather this operation must be near the fire to keep the jelly from *setting*. The bag must be made of fine, thin, new flannel, and well scalped in hot water containing a teaspoon of borax, or cooking soda. Never use soap in cleaning the bag, or other strainers used in making soups or gravies, as the odor of the soap will affect the flavor of the soups. Clearing stock extracts the flavor and nutrition, and is not necessary for every-day soups, besides being too expensive, as well as consuming too much time. The every-day soup only needs straining and the removal of superfluous fat.

To Clarify Soup, when desired, beat the white of an egg with a small cup of cold water and add to the soup; simmer for 10 minutes, and then strain through the “tammy,” or cloth strainer.

Hints.—Even very weak stock is much better than water to use for soups and gravies, vegetable stock being better than none. White stock is made of veal, and of bones which have been boiled once or contain only gelatine. The best stock is obtained from the freshest meat.

Soup meat if not boiled too long, can, after cooling, be finely chopped, seasoned to taste, and heated again with a piece of butter. If not moist enough, 1 or 2 spoonfuls from the soup-kettle may be added. This will make a delicious side dish, or nice breakfast dish the next morning.

If a good soup is served (which can be made of the cheapest cuts of meat) with bread, it is almost a meal in itself. Then the meat can be served as *bouilli*, or minced and made delicious by judicious seasoning and flavoring—it is much less expensive than the heavy and costly large joints. French cookery is proverbially inexpensive, and it is equally renowned for its delicacy. In France just this rule of cookery is most often followed. But it should be remembered that the French do not cook the soup until *all* the osmazome and nutrients are extracted from the meat. If cooked until all the nutrients are extracted from the fibres, they will be of little value, as needed fibre can be obtained more cheaply in other ways, than to attempt to make them palatable by adding the other ingredients necessary.

Coloring for Soups.—*Amber Color.*—The favorite color for soups is caramel or scorched sugar (not burned). This not only gives the soup a fine amber color but imparts a fine flavor to it. Vegetables sliced thin and fried in a very little butter till nicely browned, and then put into the soup kettle, will impart an amber color.—*Brown.* Onions fried a dark brown, will, in addition to caramel, give a brown color. Many cooks fry a few slices of the soup meat a dark brown before the simmering process is begun.—*Green.* Pounded spinach and puree of young green peas color soups green.—*Golden Color.* Saffron will give soups a fine golden color—only a very little is needed.—*Red.* Tomatoes, lobster coral, well pounded, and cochineal will impart a red color. Pot-marigold, leaves, stems and flowers are used by the French to color and flavor soups.

Lobster Butter.—Take lobster coral (not the little red eggs that cling to the outside of the lobster, but the red lumps inside when it is cut open down to the tail); wash it carefully, removing every morsel of the flesh or green part, as that may turn it after it is made. Add a little butter and pound it in a mortar—the less butter used the better, but it must be pounded until perfectly smooth and free from grit; then add a little cayenne pepper and nutmeg, which will preserve it. About half fill jelly glasses with it, set it in the oven till thoroughly hot, press it down, pour on a little melted parafine or clarified butter, and tie on paper.

ADDITIONS TO SOUPS.

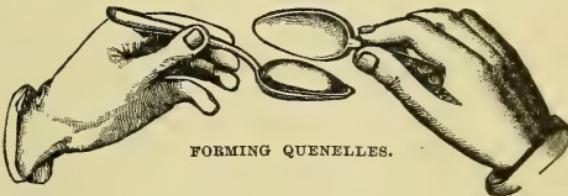
Quenelles or Force-Meat, Croutons and Nudels or Noodles are additions to soup used by foreign cooks. Curry-powder and various sauces are also used for flavoring rich soups for banquets and dinners for ceremony, and can be used liked, in the preparation of side dishes

made from soup-meat, in warming the remains of boiled and roasted meat.

CROUTONS (pronounced kru-tons').—These are bits of bread cut in small diamonds, squares, cubes, or in fanciful shapes. They are fried brown in butter, and used in soups, and as a garnish for side dishes and *entrees* of meat.

FORCEMEAT OR QUENELLES (pronounced kee-nells.)—This is made of equal parts of bread-crumbs, beef-suet, and any kind of raw meat excepting mutton, lamb, or pork. Poultry and game make excellent force-meat, but veal is most commonly used. The suet and meat must first be cut finely, then chopped, and lastly pounded to a paste in a mortar, with a little salt, pepper and any pulverized herbs, if liked.

To 1 pound of meat and 1 of suet, allow 4 eggs. Beat the eggs thoroughly and mix with the paste, and work through a wire sieve or fine colander to take out any fibers that may remain in the meat; to the strained mixture add the bread-crumbs which have been previously dried, pulverized and sifted; then take up the mixture in a teaspoon, and with another teaspoon form and smooth the quenelles in shape like a small egg; they are then dropped in boiling water for ten minutes to poach. When a soup is to be served with them, place them in the tureen, and pour the hot soup over them. Another way to prepare force-meat balls is to shape the above mixture into balls the size of marbles, and fry in boiling fat until a light brown.



FORMING QUENELLES.

SUET DUMPLINGS FOR SOUP.—Take 3 cups sifted flour, sift in 3 teaspoons baking powder, and then rub in well 1 cup of finely chopped suet; add 1 teaspoon of salt, and enough sweet milk to make as stiff as biscuit dough; then form it into balls about the size of oranges, flour them well, and $\frac{3}{4}$ hour before serving the soup, put them in it; the cover should not be taken off, and to make them nice they should boil steadily until ready to serve. They make a kind of pot-pie.

NOODLES OR NUDELS.—To 1 egg add a little salt, and flour to make a stiff paste. Roll out as thin as a wafer, then roll up as you

would jelly-cake. Slice off the end in fine strings, shake out loosely and cook in the soup for 10 minutes before taking it up; or the dough may be rolled out a little thicker than pie-crust, and cut in rounds with a tiny biscuit cutter; or it may be divided in 2, then 4, then 8 parts, and so on until the pieces are the size of a gooseberry when rolled in the hand. Roll, and boil them in the soup for 15 minutes before taking it up. The German *mudels* are made much the same as this, but they use no salt, as that, they think, makes them sticky when cooked.

SOUP-BUNCH.—This is a bunch of young onions or leeks, carrots, and various herbs to be found in the market in most large places, such as green sage, thyme, marjoram etc.; celery-tops are sometimes included. The onions, carrots and other vegetables can be cut in pieces for the soup, but the herbs are best folded in thin muslin and taken out after 10 minutes simmering in the soup.

SOUP-BOUQUET.—A bouquet of herbs for flavoring soups and sauces is much used by foreign cooks, and is made of a few sprigs of parsley, thyme, celery leaves, 1 or 2 leaves of sage and a bay leaf. This may be folded in a small square of tarlatan or other thin cloth, and wound with a thread. This can be put in the soup for a little time, and all removed without trouble when the soup is served.

THICKENING FOR SOUP.—Clear soup may be thickened with a little corn-starch, and still preserve its transparency. For brown soups, browned flour is much better than the raw for thickening. Put into a small sauce-pan $\frac{1}{2}$ lb. of butter and when hot, stir into it 2 cups of flour. Stir this over the fire till it is pale brown, taking care that it does not burn. One large tablespoonful thickens a quart of soup.

Flour, arrowroot, bread-crumbs, sago, rice, oatmeal, barley, macaroni and vermicelli are all put into soup to thicken it. They all have this in common, that the soup must actually boil to burst the starch granules after they are added. Flouy substances must be mixed smooth with a little cold water, milk or broth, before being added to the bulk of the broth. Eggs, when added, should be beaten, mixed with a little of the warm liquid, strained into the soup, and not afterwards allowed to boil, lest they harden in tiny lumps, or what is popularly called "curdle." The yolk is better to use than the white. "Body" may be given to soup by adding a little cold potato, grated, and mashed potato is sometimes added, mixed smooth with a lttle milk. Flour can be cooked in a little butter and then

added, which is probably better than first mixing it in cold water as above. Barley, when added, should be soaked over night, and then stirred in an hour before the soup is done. With rice, use 1 table spoon to 1 quart of soup, and add it about 30 minutes before it is done. Farina can be sprinkled in a short time before serving, allowing it to boil a little while.

CARAMEL FOR SOUP.—Put a teaspoon of sugar in a frying-pan and place on the stove; let it dissolve and brown, but not burn. When it has turned a bright golden color and begins to smoke, add water enough to cover the bottom of the pan; let it boil up and dissolve the caramel; then pour into the soup for coloring and flavor. This is not to be used in any white soup. If you have prepared caramel on hand, use that. See our recipe given elsewhere for preparing it.

BROWNED CRACKERS.—These are a fine addition to soups, and with tea or coffee are good for invalids. The crackers are first split and a little butter spread on the halves; they are then placed on a baking tin, with the split and buttered side up; set them in a hot oven, on the top shelf, and they are done when of a delicate yellowish brown. They need watching very closely, to prevent scorching. They are delicious with soups, fish chowder and oyster stews.

EGG-BALLS FOR SOUP.—Powder some hard-boiled yolks of egg, and add sufficient raw yolk to make the mixture into a paste that can be rolled; add some pepper, salt, a little finely chopped parsley, and a "suspicion" of nutmeg; roll into balls the size of marbles. Dip the balls into flour and throw them into boiling water till they are set; then drain them and throw them into the soup before serving. They can also be used to garnish entrees.

VIRGINIA FLAVORING.—Take thyme, mint, sweet marjoram, and rosemary gathered in full perfection; pick from the stalks, put them in a large jar, pour on strong vinegar, and let stand 24 hours; then take out the herbs, throw in fresh bunches, and do this 3 times; then strain the liquor, put it in bottles, cork and seal tight. Do not let the herbs stay in more than 24 hours at one time, else a bitter, unsavory taste may be imparted. What is wanted, is just the delicate first flavor which comes from steeping the herbs in the liquid. It makes a delicious flavor for soups and sauces.

VEGETABLE SOUPS.

ALMOND SOUP.—Blanch and pound finely 1 pound of sweet almonds, and the yolks of 4 hard boiled eggs; beat these well together, and add to a gallon of hot stock; let it come to boiling and stir constantly; thicken with bits of butter rolled in flour, and just before serving, add salt to taste, and a coffee cup of rich cream. Have the whites of the eggs cut in small pieces in the tureen, pour over it the hot soup and serve. *Time, 20 minutes.*

ASPARAGUS SOUP.—Break off all that is tender from a bundle of fresh, green asparagus, and put this in a large pan, with a large handful of freshly gathered spinach, 1 of parsley, and the same of spring onions. Wash in 2 waters and drain in a sieve; then boil in 2 quarts of water, with a bit of butter and a little salt. As soon as the asparagus is done, rub all through a fine colander and return to the pot; then add a piece of butter the size of a small egg (cut in bits and rolled in flour), a teaspoon of sugar, and a sprinkle of white pepper. Serve hot with croutons. *Time, $\frac{1}{2}$ hour.*

BARLEY SOUP.—Scald 10 tablespoons of pearl barley; drain, cover with fresh boiling water, and boil 3 hours. Scald a quart of rich, sweet milk and add to the barley when done. Season with salt and pepper to taste. Beat the yolks of 10 eggs to a foam and put in the soup-tureen; pour over the barley soup and serve.

BEAN SOUP.—Soak 1 cup of white beans over night; in the morning boil until quite tender; then rub through a colander, and add 3 pints of water and 1 quart of rich milk, 2 tablespoons of butter, 3 large potatoes chopped fine; season with finely cut parsley, pepper and salt to taste. Simmer about $\frac{1}{2}$ hour, and serve hot.

LIMA BEAN SOUP.—Soak a pint of dried Lima beans over night; turn off the water in the morning, and put on the fire to boil slowly for 2 hours, with 3 pints of water; then rub through a colander. Put in the kettle again and add a pint of milk or cream, and thicken with a lump of butter rolled in flour. When it boils, add the beaten yolks of 2 eggs. Season with pepper and salt, and serve with a roll at each plate. *Time, about $2\frac{1}{2}$ hours.*

BEAN PORRIDGE.—Soak over night a quart of any kind of good beans, such as are used for baking; boil them the next morning in plenty of water, until they begin to break in pieces; then drain, and add them to any good broth of fresh or salted meat, with a few slices of salt pork cut in dice. Cook and stir them often, until they

are all broken fine. This is a most nutritious soup to keep constantly on hand in winter, when milk is scarce; it is inexpensive, for the broth of all salted meats and "boiled dinners" can be used in preparing it. It is more easily digested than baked beans, being less concentrated food. Of this soup it was said in "olden times;"

"Bean porridge hot, bean porridge cold,
Bean porridge is the best when nine days old."

CABBAGE SOUP.—Cut a small cabbage in quarters; carefully take apart and wash; then chop finely. About $\frac{1}{2}$ hour before dinner add it to 2 quarts of stock, or broth, in which meat has been boiled; let it boil until dinner time, when the cabbage will be done. Serve with toasted bread.

CARROT SOUP (*a la Cressy*).—Put a piece of butter the size of an egg into the frying-pan, and when melted, add 1 large onion cut finely, a slice of ham cut in little squares, a teacup of chopped celery and 10 grated carrots. Stew over the fire until the vegetables begin to brown, then add 2 quarts of stock, and simmer for 2 hours. Rub all through the coarse colander, put back into the kettle to re-heat, and season with pepper and salt. Serve with a few dice of toasted bread in the tureen. This is good made with 3 pints of water, adding a pint of milk or cream when it is re-heated. *Time* about $2\frac{1}{2}$ hours.

CELERY SOUP.—Break apart, and carefully clean 2 bunches of celery; then cut it finely and boil in just water enough to cover it, until it is soft enough to rub through a coarse colander; scald 3 pints of milk and add to the celery, and the water in which it was boiled, with half a small onion cut finely if liked; then rub together a table-spoon each of butter and flour and stir it in the boiling soup, season with salt and pepper to taste, and serve with strips of toasted bread without butter, or with browned crackers. *Time*, about 1 hour.

CELERY CREAM SOUP.—Take 3 lbs. veal, and let it simmer slowly in 2 quarts of water till reduced one-half; when cold it will make a jelly-like white stock. Take some celery, cut the best parts small, and cook it until tender in this stock; now put it through a colander first, and then through a coarse sieve, and it will make a kind of paste; return this to the saucepan, add 2 pints of cream, season with pepper and salt, and let it simmer 10 minutes, stirring it often. It is excellent.

GREEN CORN SOUP.—Grate sweet-corn from 6 ears, and boil the cobs in sufficient water to cover them; remove them after 10

minutes boiling, and use the water in which they are boiled to stew the grated corn; just before it is time to serve, add 1 quart of rich, sweet milk, letting it boil a few minutes. Season well with pepper and salt. *Time*, about $\frac{1}{2}$ hour.

CUCUMBER SOUP.—Peel the cucumbers (they must be young enough to have small, fine seeds) and put in a kettle to boil in a pint of water; when soft, rub through a fine colander and return to the kettle, with a little onion if liked, and seasoning to taste. Add enough sweet milk to make a quart; when hot, add a little corn-starch, or arrowroot to thicken it, and serve with toasted bread.

FLEMISH SOUP.

5 heads of celery.	2 quarts of water.
1 pint of cream.	10 medium-sized potatoes.
2 small onions.	

Slice the onions, celery and potatoes, and put them in a stew-pan, with just sufficient water to cover them, and stew them until they can be rubbed through a fine colander. Return to the kettle with the water, and let it boil up; season with salt and white pepper, or a little curry powder; have the cream scalding hot, in a pitcher standing in hot water, and add to the soup just before serving. If onion is disliked, 2 small carrots may be substituted for the onions. Make $\frac{1}{2}$ the quantity if desired.

OKRA OR GUMBO SOUP.—The foundation for this should be stock, or broth made of a chicken, or, what is better even for any *chicken* soup, an old fowl. Carefully pluck, draw, singe and wash the fowl; cut it in pieces, cover with cold water, put on to boil up, skim, and then place the kettle where it will slowly cook. A little salt may be added if the fowl is young, but if old, simmer for an hour before adding the salt. When the fowl is done, take up the breast, thighs and legs, which can be served with a sauce for dinner, or made into salad; then slowly cook the remainder of the fowl to "rags," after adding pepper, a little sweet herbs, and a trifle of cayenne, and an even teaspoon of powdered sassafras leaves. Strain through the fine colander and return to the kettle. Add a few slices of salt pork, if the fowl was lean, then wash and slice a quart of green okra and add to the soup; cook until the pork and okra are done. Serve with boiled rice, boiled onions and rolls or bread.

ITALIAN SOUPS.—These are made by adding to hot stock, either macaroni, vermicelli, semolina, or other Italian pastes. They should be boiled for 10 or 15 minutes in water to cover them, before adding

them to the stock. Macaroni and vermicelli are best cut in short pieces about $\frac{1}{2}$ inch long, before being added to soup.

JULIENNE SOUP.—For a soup to serve for 5 or 6 persons, take 2 or 3 middling-sized carrots (only the red parts), a middling-size turnip, a piece of celery-root, the core of a lettuce, some sorrel leaves, an onion, the white of half a leek. Rasp, peel or pluck these vegetables according to their nature; wash, drain them, and mince them to "Julienne," that is, cut them in thin fillets about an inch long; carrots, turnip, celery and leek, all in equal lengths. Fry the onion and leek in a little butter, then add the carrots, turnips and celery, raw if tender, if not, blanch them. Season with salt and a little sugar, and add 2 quarts of good stock. Let it simmer for $\frac{1}{2}$ hour before serving.

THE LEEK belongs to the same order as the shallot, garlic and onion. It possesses similar properties to the onion. It is very succulent and wholesome, but to prevent tainting the breath it should be well boiled.

MOCK BISQUE SOUP.—Take $\frac{1}{2}$ can of tomatoes cook until tender, and strain; cook 2 pints milk in a double boiler, and in a small saucepan cook 2 teaspoons of corn-starch and 1 tablespoon of butter, adding enough of the hot milk to make it pour easily; now stir this into the boiling milk carefully, and boil about 10 minutes. Cut 4 tablespoons of butter in small pieces and add it, mixing it well, and add also the strained tomatoes, $\frac{1}{2}$ saltspoon of white pepper, and 1 teaspoon of salt; serve hot. Before straining the tomatoes, if they are very acid, $\frac{1}{2}$ saltspoon of soda will improve them, by neutralizing the acid.

MUSHROOM SOUP.—Cut a hip of veal in rather large pieces and break the bones; allow to each pound a little less than a quart of water. Season with salt, pepper, and $\frac{1}{2}$ dozen blades of mace. Boil until the meat falls to pieces; then strain into a clean soup-pot. Have ready a quart of mushrooms, peeled and divested of their stems; put them into the soup, adding $\frac{1}{4}$ pound of butter divided into bits, each bit rolled in flour. Boil until the mushrooms are tender, about 20 to 30 minutes; keep closely covered; have toasted bread in small pieces in the soup-tureen, and pour the soup over it.

NOODLE SOUP.—Beat the yolks of 2 eggs until light; add flour and a little salt. Mould very stiff, then roll thin, and cut in narrow strips, about an inch long. Put in boiling water for 10 minutes, then in cold water for 3 minutes. Add this to 3 pints of hot stock.



LEEKS.

ONION SOUP.—Put a piece of butter the size of an egg into a sauce-pan, or spider, and slice 1 medium sized onion into it; let it fry until a delicate brown. Put in 1 quart of stock or hot water, with herbs if liked, salt, white pepper, and a dust of cayenne. Strain into the tureen, add 3 crackers, halved and well toasted, and send to the table.

PALESTINE SOUP.—Peel and slice a quart of Jerusalem artichokes, 4 onions and 1 head of celery. Have 3 pints of water in the soup-kettle, or white veal stock or broth; add the vegetables, with pepper, salt, a bit of butter and a teaspoon of sugar; boil till tender, rub through the fine colander, and return to the kettle to keep hot; add a pint of cream, and send to the table hot, with croutons. *Time*, about 1 hour.

CANADIAN PEA SOUP.—Put a quart of whole hard peas, or split peas, in 2 quarts of cold soft water, and set on the fire in the morning. Let it boil, and as soon as the peas begin to soften, mash with a long-handled iron spoon, as much as possible, and skim off the skins as they rise to the top of the kettle. About 10 o'clock add to the peas a pound or more of salt pork, and if liked, a small onion cut finely. Boil together until noon, then take out the pork, add a little salt if needed, and a bowlful of bread, finely shaved from the loaf, which thickens the soup and prevents the peas from settling to the bottom of the tureen. This is a most nutritious and palatable soup. The pork can be served in thin slices, with vegetables, and chili sauce, or sour baked apples.

GREEN PEA SOUP.—Into the broth in which a leg of lamb has been boiled, put the shells of a quart of tender young peas; let them boil in the broth for $\frac{1}{2}$ hour, then strain out the shells and put in the peas to boil 20 minutes longer. Serve with any "soup-addition" liked.

POTATO SOUP.—Slice 6 large potatoes and boil until tender; mash fine and rub through a colander into the soup-kettle; add 2 quarts of sweet milk. When it comes to boiling, add noodles already boiled in salt water. Season the soup to taste and serve.

PUMPKIN SOUP.—Peel the pumpkin and cut into pieces (removing the seeds). Put it into boiling water with some salt, and leave it to boil until reduced to a pulp thin enough to pass through a strainer. Melt a piece of butter in a sauce-pan with a wine-glass of cream. Strain the pulp and add, with salt and pepper to taste, and a pinch of flour. Let the whole simmer $\frac{1}{2}$ hour, thicken with the yolk of an egg, and serve.

RICE SOUP.—Put a piece of butter the size of an egg and 1 cup of bread crumbs in a skillet, and fry them as thoroughly brown as possible without burning. When sufficiently browned, pour on 3 quarts of boiling water, and add a pint of rice, a head of finely cut celery, and a little salt. Stew all together until the rice is tender. Add a cup of rich milk or cream, and serve. Half the above quantity will serve a small family.

SAGO SOUP.—Wash $\frac{3}{4}$ cup of sago in warm water, set it in a saucepan with 2 quarts of milk, and simmer until the sago is thoroughly dissolved; season with pepper and salt, and add a cup of cream before serving. Good clear stock is generally used for both sago and tapioca soup, but they are even nicer made with milk.

FOR SEMOLINA, MACARONI AND VERMICELLI SOUP, see "Italian Soups."

FRENCH SORREL SOUP.—Take a large handful of garden sorrel; wash thoroughly, and cut finely with shears, and add some lettuce leaves and sweet herbs, also finely cut. Drain thoroughly on a sieve, then put them in a frying-pan with butter already melted, and fry, stirring with a spoon. After about 10 minutes of cooking in this way, put in the soup-kettle, with 2 quarts of boiling water, and add salt, white pepper, and bits of butter well rolled in flour. Serve rolls with the soup; hard boiled eggs, sliced into the tureen, are an addition much liked.

THE SORREL (*Rumex Acetosa*) is a hardy perennia, which grows in Europe, Asiatic Russia and North America. It grows in any good garden soil, and when fully grown, the leaves are gathered singly, and they are used to flavor soups, salads and sauces. Sorrel was known to the Romans, who sometimes stewed it with mustard, and seasoned it with a little oil and vinegar. It is not much used in English and American cookery, but is used considerably in France. Its acid, which is very pronounced, is a combination of oxalic acid with potash, called by chemists, *binoxalate of potash*.



SORREL.

TAPIOCA SOUP.—Make like sago soup, given above, only the tapioca must be soaked for at least $\frac{1}{2}$ hour in warm water before being put into the milk.

TOMATO SOUP.—Put 1 quart of tomatoes in 1 quart of boiling water and let them cook thoroughly; set 1 quart of milk in a pitcher or tin, into a kettle or pan of hot water to scald. When the tomatoes are done, add a teaspoon of soda, and when foaming ceases, add the hot milk with a generous lump of butter; salt and pepper to taste. Cream may be added instead of butter, and more milk and less

VEGETABLE SOUPS

water used if desired. Brown a few crackers, roll fine and add to the soup. Serve with small pieces of dry toast without butter. *Time*, about 30 to 40 minutes.

TOMATO SOUP No. 2.—One pint of canned tomatoes, or 4 raw ones, cut finely; add 1 quart of water and cook thoroughly—about $\frac{1}{2}$ hour; then add 1 teaspoon of soda, which causes it to foam. Immediately add 1 pint of sweet milk with a little salt and butter. When this boils, add 8 small crackers, rolled fine, and serve.

MOCK TURTLE SOUP.—Soak over night 1 pint of black beans. The next day boil them in 2 quarts of water, until soft enough to rub through a colander; return them to the soup-kettle. Tie in a bit of strainer cloth (which must be perfectly clean) a bit each of thyme, parsley and summer savory; let it boil in the soup. Add 1 tablespoon of butter, cut in bits and rolled in flour; also salt and pepper to taste. Cut the yolks of hard boiled eggs in quarters and add to the soup, with one sliced lemon. A good imitation of real turtle soup.

THE THYME is a native of Spain and Italy, and was well known to the Romans. Its leaves possess an agreeable and highly aromatic flavor, and are used, in both a green and a dried state, to season soups, sauces, stuffings, etc., but a little of it goes a long ways. The *Lemon Thyme* is a variety of the wild thyme, remarkable for its smell, which closely resembles the rind of a lemon.



LEMON THYME.

VEGETABLE MARROW SOUP.—Pare and cut in quarters a large vegetable marrow, and remove the seeds from it. Dissolve a slice of fresh butter in a stew pan, and put in the marrow with a little salt, pepper, a lump of loaf sugar and a little nutmeg. Stew in water to cover it until it will pass through a fine colander, or hair-sieve; then add enough scalding hot milk to make it the consistency of cream; serve with fried bread cut in small dice.

VEGETABLE MARROW belongs to the gourd tribe, and was first introduced from Persia. It has a delicate flavor and is easily digested. One of the simplest and best ways of cooking is to boil them and serve with a sauce poured over them.



VEGETABLE MARROW.

VICTORIA SOUP.—Wash and scald $\frac{1}{2}$ pound of pearl barley; put it in the soup pot with 3 pints of white veal stock, and simmer gently over a slow fire for $1\frac{1}{2}$ hours, by which time the barley will be nearly dissolved; remove $\frac{1}{2}$ of it to a small soup-pot, rub the remain-

der through a tammy or sieve, pour over the whole barley, add half a pint of cream season with a little salt, stir it over the fire until hot, and serve.

This soup may be made with rice, and these were the only soups eaten by Queen Victoria during the time Francatelli was *chef* in her household.

WHITE SOUP.—White soup is in reality white sauce, only in larger quantities and not quite so strong. White soups, such as celery, cauliflower, Palestine, potato, vegetable marrow, have all the same basis, viz., reduced stock and boiling milk, and only differ as to which stewed vegetable is rubbed through the wire sieve and added.

MEAT, POULTRY AND GAME SOUPS.

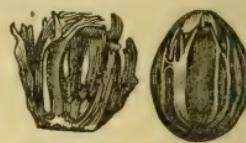
ALMA MATER SOUP.—Take a sheep's head and pluck. Have the head cut in several pieces with a cleaver, wash thoroughly in salted water and put in the soup-kettle with a gallon of water; cut the liver and heart in slices, and fry brown in a little butter, then add to the soup; simmer gently until the bones separate from the meat; take from the fire, and remove all the bones from the meat; cut the meat in very small pieces, and return to the kettle; fill in with hot water to keep the gallon, add 1 teacup of pearl barley; season with 4 cloves, pepper, salt, and a bunch of sweet herbs; cut finely 2 onions, 2 carrots, 1 turnip, and cook until the vegetables are done. Serve with forcemeat balls.

BEEF SOUP.—Put 1 small beef bone in about 1 gallon of water; when it has simmered about 3 hours, add 4 potatoes, 2 turnips, 2 onions, and 2 tablespoons each of rice and barley; season with salt and white pepper, and boil 1 hour longer. Add one tablespoon of chopped celery just before serving.

BOUILLON.—For a party of 12, allow 6 pounds of beef cut finely, and 2 shinbones of beef well broken. Put over the fire with 3 quarts of cold water, and bring to a boil. Skim thoroughly, and set back on the range to simmer slowly for 5 hours; then strain through the fine colander. Remove every particle of fat, which can be done by drawing the edge of blotting paper across the bouillon. After the fat is removed, return to the kettle and re-heat. Season with pepper and salt, and serve in bouillon cups (*i. e.*, cups about the size of coffee-cups, with 2 handles) when served at lunches. Cloudy bouillon is caused generally by rapid boiling and careless skimming.

CLEAR SOUP.—Cut 4 lbs. lean beef into small pieces, carefully removing all the fat; pour on 1 gallon of water, and boil it up three times, skimming well each time; if not well skimmed, it will not be clear. Into each of 2 small onions stick 4 cloves firmly, scrape 2 small carrots, and put them into the soup; add 6 blades of mace, 1 bunch of parsley and 1 teaspoon of celery seed, salt and pepper; boil until the vegetables are tender, strain through muslin, and return to the soup-pot; add the whites of 4 eggs, well beaten, and boil until they gather to one side; skim and tint it a delicate amber with a little caramel; wash the muslin, pour through again, and serve.

MACE is the membrane which surrounds the nutmeg. This membrane is removed, and when dried and flattened it forms the mace of commerce. It contains about 4 per cent. of an aromatic oil, and its general properties are similar to the nutmeg. A coarse and inferior article from a different tree is sometimes palmed off for the genuine mace.



MACE.

CHICKEN SOUP.—This need not be made wholly of young spring chickens, for they are more valuable for roasting or broiling; but the remnants of raw chickens when used for fricassee or "chicken supreme," can be utilized in a soup, and if a large quantity of soup is needed, a few pounds of veal bones and cheap veal trimmings may be simmered with the chicken, which will flavor them all. Let the soup-pot come to boiling; skim, and then set on the back of the range to slowly simmer for 3 or 4 hours, or until the meat drops from the bones. Season with salt and pepper, or a little curry powder instead of pepper, and a soup-bunch; then simmer 10 minutes longer, strain through the cloth strainer, and return to the kettle. Thicken with a little corn-starch, and color and flavor with caramel. Serve with oyster crackers.

Chicken Soup No. 2.—Take the remnants of roasted chickens—the necks, wings, all the bones, and every part left from dinner the day previous; add water sufficient to cover it all; slowly simmer until the meat separates from the bones. Then add any gravy or remnants of dressing, and let it boil up once. For the remnants of 2 chickens there should be 3 pints of soup; strain through cheese-cloth or fine colander, put the soup back into the kettle, add more seasoning if needed; thicken with bits of butter well rolled in flour; boil up once, and serve immediately.

CHICKEN AND GUMBO.—Take a fair sized chicken, cut up as for fricassee, pick out the bones, and fry with $\frac{1}{2}$ lb. finely chopped bacon. Add 1 gallon water, 2 pints small okras, and the same of

tomatoes; season highly with white pepper, salt and cayenne, and simmer 4 hours. Put 1 tablespoon of boiled rice in each plate before serving, and pour the soup over it.

Gumbo File is made the same way, but seasoned more highly, and tender shoots and leaves of young sassafras added (dried and pounded). Green corn, and lima beans are also added sometimes.

CONSOMMÉ.

6 quarts of water.	2 turnips.
2 carrots.	1 bunch of herbs.
2 leeks.	2 old fowls.
4 pounds of lean beef.	2 onions.

Let it simmer slowly for 8 hours, or till it is reduced to 2 quarts. Observe the usual rule of skimming, straining and seasoning, and use for dainty appetites, with quenelles, or any garnish liked best.

DUCHESS SOUP.—Put a quart of rich stock, or *consommé*, on the range to heat; when it comes to boiling, thicken it with a tablespoon of arrowroot, and then pour it into the tureen containing neatly cut lengths of roasted poultry or game.

EGG SOUP.—Break 6 fresh eggs into a bowl; add a pint of sweet cream and a little white pepper and salt; beat the eggs well and add the cream; pour into a square tin well buttered, and place it in the oven in a dripping-pan of hot water, and bake about $\frac{1}{2}$ hour. Let it get cold, then cut in small squares, put in the soup tureen, pour 2 quarts of hot stock, or broth, over it, and send it to the table. Milk may be used instead of stock. This soup is rich and may be served with hot toasted crackers when the dinner is otherwise light.

Egg Soup No. 2.—When you have a broth in which meat has been boiled, or poultry, even if thin and not transparent, a good soup may be made when eggs are plenty by boiling for 20 minutes, 4 eggs for every quart of broth. Throw the eggs in cold water, and shell them. Have the broth well strained, and put it back in the kettle. Cut the whites of the eggs in rings, and pulverize the yolks with a fork on a plate (they should be mealy with the boiling) and add whites and yolks to the broth, also a few bits of butter well rolled in flour. Do not boil after the egg mixture is put in the kettle.

EVERY-DAY SOUP.—Go in the pantry in the morning and put into the soup kettle all the nice meat bones, cold bits of meat, cold gravy, also any cooked vegetables left the day before. Get ready the meat for dinner, and put the trimmings in the kettle. Season with a little salt, a few whole cloves, and a few pepper-corns broken in the mortar; add also a small onion cut finely. Put in the kettle enough

water to serve each person with $\frac{1}{2}$ pint of soup. Simmer all together until an hour before dinner; then strain and return to the kettle. Have ready, shredded, and standing in cold water, some vegetable, either cabbage, turnips, carrots, asparagus, green peas or spinach, and add to the soup. When the vegetable is done, serve with rolls or bread.

FLORENCE SOUP.—Put on to heat, 3 pints of white stock, beef, veal or chicken broth, and add the yolks of 3 eggs well beaten, and 1 cup of cream; boil 3 or 4 sticks of macaroni in salted water for 10 minutes; cut in $\frac{1}{2}$ inch pieces and add to the soup; have the bottom of the soup tureen covered with grated cheese, pour over the hot soup, and serve.

GAME SOUP.—This can be made of a squirrel, wild duck, rabbit, partridge, 2 or 3 squabs (young pigeons) or any kind of game brought in, in too small a quantity for serving in any other way, and is a good soup for an invalid, or small family. Dress the game by skinning, if a quadruped, or, by picking, if a fowl or bird. Draw, and wipe clean with a wet cloth. Cut in small pieces and boil gently 2 or 3 hours, or until the meat separates from the bones; then take out the bones and season with pepper and salt. Cut a piece of butter the size of an egg, in small bits, roll each bit in flour; add, and let it boil for $\frac{1}{2}$ minute, and serve with thin slices of bread laid on the bottom of the tureen.

Game soup can also be made by one of our recipes for stock, using game instead of beef or other meat.

HOTCH-POTCH SOUP.—Soak $\frac{1}{2}$ pint of split peas over night and add $\frac{1}{2}$ teaspoon of soda to the water; the next morning, turn off the water and rinse again; then put them to boil in 2 quarts of water; boil slowly 2 or 3 hours; then add a pound of beef or mutton, cut in small pieces, a carrot, a turnip, a small cabbage, an onion, all cut finely, and 3 or 4 large slices of salt pork. Add salt and pepper to taste, and cook until the meat is done, keeping it just covered with water. This is fine in a cold day in the winter, and is an inexpensive dinner by itself, without other meat.

MEAT BROTH.—Put the beef or mutton on in cold water and let it heat slowly; a scum will rise when it comes to the boiling point; remove this very carefully, then cover the pot, and keep it at a gentle simmer; from time to time lift the cover and skim till no more scum rises. Take out the meat when thoroughly cooked—in 2 or 3 hours. Set the meat in the oven to keep it warm, with the door of the oven

open a little way. Have some thin slices of toasted bread well buttered, or some browned crackers in the tureen, and after pouring the broth through the cloth strainer, pour over the tureen and serve. Instead of the toast, a little chopped cabbage, boiled in a separate stew-pan can be added, or any other vegetable liked.

MULLAGATAWNY SOUP.

1 fowl or rabbit, or 2 lbs. of lean beef or veal.	2 large onions.
1 bunch of herbs.	A bit of garlic (or 2 or 3 cloves).
2 tablespoons of curry powder.	2 quarts of cold water.
Peal of 1 lemon.	

Cut the meat in small pieces and cover with the water; slice the onions, fry them brown in beef drippings, and put the onions, lemon peel, herbs, and cloves or garlic, with the meat, and simmer slowly for 5 hours, skimming well; then strain through the fine colander. Return to the kettle, add salt to taste and ground white pepper, and a teacup of rice. When the rice begins to break in pieces, add the juice of a lemon, and 2 tablespoons of curry powder.

Mullagatawny means "pepper pot," and it is an Indian soup. It always requires to be well seasoned, and rice should be served with it.

GARLIC is an eastern plant which has been cultivated from ancient times. It belongs to the same family as the onion, and it possesses its properties in an intensified degree. It is much used in Italian, Spanish and French cookery, but very little in English and American. It is very wholesome, assists digestion, and acts as a slight stimulant and tonic. It possesses much medicinal value. As a rule in using garlic it is not chopped but the flavor is imparted simply by rubbing; cut a little off the end of the garlic, and rub it on the dish in which the food to be flavored is placed.

MUTTON BROTH.—Take 2 lbs. of what is known as the scrag-end of the neck of mutton; remove as much as possible every particle of fat. Put it in a quart of cold water, with a slice of onion and a saltspoon of salt. Let it simmer very gently for 3 or 4 hours; skim occasionally. Strain off the broth and allow it to cool. Take off all fat, and warm up when required. When not required for invalids, some chopped parsley may be added to the broth, as well as other vegetables, such as turnips, carrots, or leeks.

OXTAIL SOUP.—(*Rich beef soup*).—Two shin-bones of beef well broken, and 2 beef-tails cut in short pieces. Put in the soup-kettle with 3 quarts of water. Let it come to a boil and carefully skim; then slowly simmer until the meat will separate from the bones. Take out the meat and bones with a skimmer into a pan, and cut the



GARLIC.

meat in small pieces, putting back the bones to simmer until an hour before dinner; then take out the bones again and add a carrot, a small turnip, a small onion, all cut finely, with herbs, salt and pepper to taste, and if preferred, a tablespoon of any of the ready-made meat sauces liked by the family. Fry the bits of meat a nice brown, in a little butter, and place in the bottom of the tureen; pour the soup and vegetables over the meat and send it to the table. Serve with rolls, bread, or toasted crackers. The ingredients of this soup may be all simmered together for 4 or 5 hours, then strained through the cloth strainer. A tablespoon of corn-starch in a little water may be added for thickening, and a tablespoon of caramel-sugar used for coloring. Sufficient for 8.

RABBIT SOUP.—Cut a young rabbit in small pieces and soak in water for an hour; then put in the soup-pot, and cook until the meat separates from the bones. Take all the best meat, and return the remainder to the kettle, with a carrot, turnip, onion, and 2 or 3 sticks of celery, all cut finely, with seasoning to taste, and simmer for 2 hours longer; then strain the soup and return to the kettle; add a piece of butter about the size of an English walnut, cut in pieces and rolled in flour, to thicken it. There should be 3 quarts of broth when done. Cut the meat in small pieces, put in the tureen, and pour over the hot rabbit soup.

TURKEY SOUP.—After a turkey has been served for dinner and the meat has been taken from the carcass, break all the bones finely and put in the soup-kettle, with any remaining dressing or gravy, and add 3 quarts of water if the turkey was large—less for a small one. Let boil slowly for 2 or 3 hours; then pour through a coarse colander, and serve with toasted crackers.

MOCK TURTLE SOUP.—Scald a calf's head, and wash it clean. Boil in a large pot of water for $\frac{1}{2}$ hour, then cut all the skin off by itself; take the tongue out, take the broth made of a knuckle of veal, put in the tongue and skin, with an onion, $\frac{1}{2}$ ounce each of cloves and mace, $\frac{1}{2}$ a nutmeg, all kinds of sweet herbs chopped fine, 3 anchovies; stew it till tender; then take out the meat, and cut it in pieces 2 inches square; cut the tongue, previously skinned, in slices; strain the liquor through a sieve. Melt $\frac{1}{2}$ lb. butter in a stew-pan; put in $\frac{1}{2}$ lb. flour; stir it till smooth; if at all lumpy, strain it; add the liquor, stirring it all the time; then add to the meat the juice of 2 lemons. Season with pepper, salt and cayenne pepper, pretty high; put in 5 meat balls, 8 eggs, boiled hard. Stew it 1 hour gently.

VEAL SOUP.—Into 4 quarts of water put a 3 lb. joint of veal, well broken, and set on the stove to boil. In a separate dish put $\frac{1}{4}$ lb. of macaroni, with just water enough to cover it, and boil till tender; then add a little butter. Finally the soup should be strained, seasoned with pepper and salt, and afterwards add the macaroni and the water in which it was boiled. Many will find it an improvement to add 1 pint of cream, or rich milk, and celery flavor.

FISH AND SHELL-FISH SOUPS.

BOSTON SOUP.—Any kind of fish may be used for this dish. Chop 2 onions, and put them with a piece of butter into a stew-pan and let them brown without burning. Then arrange the fish which has been previously cut into small pieces, in the pan. Add a small quantity of the best olive oil, a clove of garlic, a bayleaf, two slices of lemon, 2 tomatoes, and as much powdered saffron as will go on the point of a table-knife, and lastly the juice of the remainder of the lemon. Put in sufficient stock to cover the whole, and boil from 10 to 20 minutes, skimming carefully the whole time. When ready to serve, throw in a handful of chopped parsley.

BAY LEAVES are taken from a species of laurel, *L. Nobilis*. It is a native of Asia Minor, but is cultivated as a handsome evergreen. The leaves are large, shining and lance-shaped, and are bitter, aromatic and narcotic. They are used by cooks and confectioners because of their agreeable flavor. Most of the dried figs imported into this country are packed in bay leaves. The laurel among the Greeks was sacred to Apollo, and from it the garlands were made which were placed on the heads of heroes and poets.



THE BAY.

BISQUE OF LOBSTER.—Wash thoroughly with a brush, a small lobster, then remove all the solid meat and put it on ice. Break finely the shell and claws of the lobster, and put it in the soup-kettle with enough water to cover it. Cut finely, and add a small carrot, 1 head of celery, and a very small onion or bit of garlic, with herbs, salt and white pepper, to taste. Boil 1 hour and then strain; put back in the kettle and add 3 pints of stock. Set it on the range where it will keep hot but not boil, as boiling causes it to curdle. Just before serving, cut the meat of the lobster in small pieces and fry brown in a little butter, and place in the bottom of the tureen. Add to the bisque the juice of $\frac{1}{2}$ a lemon, and a dust of cayenne pep-

per, and pour over the meat in the tureen. Serve with a French roll at each plate, or with browned crackers.

CLAM SOUP.—Put 25 clams in boiling water for a few minutes. Then open them and save the liquor that comes from them; add to it an equal quantity of water, 1 tablespoon of minced parsley, 1 chopped onion, butter the size of an egg, cut in bits and rolled in flour; pepper and salt to taste, 2 well beaten eggs and the chopped clams, adding lastly 1 pint of milk. Boil 10 minutes. A very nice soup. (It is better to add the eggs to this soup the last thing before taking up, as the egg is apt to curdle, if boiled.)

NEWPORT CLAM CHOWDER.—Wash the clams thoroughly with boiling water, and let them stand 10 minutes, when they can easily be removed from the shell. Cut off the black heads and put the bodies in a clean dish. For a peck of clams use 8 large potatoes, peeled and sliced thin, and $\frac{1}{2}$ an onion cut in small pieces. Cut $\frac{1}{4}$ pound of salt pork into small pieces and fry brown. Put the onion and potatoes into the kettle with the pork, with a tablespoon of salt, a little pepper and $\frac{1}{2}$ a cup of flour shaken in; strain on this 4 quarts of the water in which the clams were scalded, and let all boil 15 minutes; then add the clams, 6 crackers split, $\frac{1}{2}$ cup of tomato sauce; cook 10 minutes longer, and serve.

SALT CODFISH SOUP.—Take a piece of codfish the size of the hand, scald, skin, and pick in small pieces, and put in a kettle with a quart of water; soak, and change the water until it is fresh enough; then add 1 pint of cream and 1 pint of water and let it come to boiling. Serve it with buttered, toasted crackers.

FISH SOUP.—Take any kind of fresh fish liked best—about 2 pounds for 3 quarts of water. Cut in small pieces and put in the soup-pot—skin, bones and all—with a large onion, sliced, a bunch of parsley, a sliced lemon, with a little salt and white pepper. Cook to rags; then strain through the cloth strainer, and return to the kettle. Add a heaping tablespoon of corn-starch wet in half a teacup of water; let it come to boiling, and serve with quenelles, if desired. *Time*, about 2 hours.

FISH SOUP No. 2.—Take a fish that weighs about 2 pounds; cut enough slices for the frying-pan, and put the remainder, with the bones, in the soup-kettle, with an onion if liked, a sliced lemon, a bunch of parsley, salt, and white pepper. Simmer together for an hour; strain and return to the kettle, and add $\frac{1}{2}$ pint of cream, and enough hot water to make 3 pints of soup. Fry the fish cutlets in

butter, and add to the soup, or serve on a platter instead of meat on a fast day. If the fish is not added to the soup, serve it with noodles. *Time*, about $1\frac{1}{4}$ hours.

OYSTER SOUP.—Put a pint of small oysters with their liquor in a quart of boiling water and let them become plump; then take them out with a skimmer, rinse thoroughly in warm water, and be sure there are no bits of shell adhering to them. Strain the soup-water through the cloth strainer and return to the kettle. Let it come to a boil, add a little white pepper and a very little cayenne, with a piece of butter the size of an egg, cut in bits and rolled in flour. Boil a minute after this, then pour over the oysters in the tureen and serve with small crackers, or large crackers split, and browned in the oven. A richer soup is made by leaving out one pint of water and substituting one pint of cream.

SPANISH SOUP.—Slice and shred 2 large onions and fry in 2 tablespoons of salad-oil until the onions are quite yellow; then add a dessert-spoon of Spanish sweet red pepper, a little salt and a quart of good stock, or water; boil together for 3 minutes; then add small slices of any kind of fish most agreeable or convenient; boil these for a few minutes and serve with the crusts of a round French roll fried in a little oil and butter. The slices of fish may be removed to a platter, covered with one of the fish sauces, and served as a course separate from the soup.

FISH.

FISH has been an important article of food in all ages and in all countries. Although less nourishing and stimulating than meat, it has much nutritive value. Its abundance and cheapness commend it, and it should be used freely in the season when it is best and cheapest.

The flesh of fish when in season, *i. e.*, before spawning, is solid and boils firm and curdy. It should be used as fresh as possible, as it soon spoils. White fleshed fish are the most easily digested, and the oily varieties like mackerel, salmon and eels, are the most difficult of digestion. White fleshed fish is the most delicate, and the red fleshed and oily kinds the most nourishing. Fish is highly nitrogenous, and requires an abundant use of starchy food in combination with it, to supply a sufficient amount of heat-giving material; and, owing to the lack of oil in the white fleshed varieties, they are best cooked in fat. Lemon juice or vinegar (being acid) are excellent as an accompaniment, or in the sauces, for fish and shell-fish, because of the alkaline nature of their juices. It is essential to the wholesomeness of fish that they should be thoroughly cleaned and cooked.

The popular idea that fish aid brain and nervous development because of the phosphorus they contain is wholly erroneous. There is no relation between the amount of phosphorus passing through the system and the intensity of thought. It is not because of the phosphorus they contain that fish, oysters and eggs, are suitable for students, but because they are easily digested, and those leading sedentary lives do not need the hearty food suited to a day-laborer, besides which they are adapted to those on whose nervous energies there are large drains because of the large amount of nitrogenous material which they contain. It should also be said that fish contains no larger per cent. of phosphorus than meat.

Cleaning Fish.—Fish should be cleaned as soon as possible after being caught. Make an incision in the under side from the gills half way down, and take out the insides; carefully remove the thin black membrane lining the cavity, as it is apt to impart a bitter flavor to the whole fish if it is left. It is best to remove the white part adhering to the bone, called the sound, although some people leave it. Do not cut off the tail and head if it is to be served whole. Scrape from the tail towards the head to remove the scales; take out the eyes, and wash in strongly salted water; dry carefully, and wrap a cloth sprinkled with salt around it, and keep near the ice. The salt checks the outflow of the juices. Handle the fish as little as possible, and do not wash it too much (one water is usually enough) and do

not let the fish soak in the water, as that will extract the juices and detract from its value. Keep fish in a cool place near the ice, but do not let ice touch it, as that will soften and injure, if it does not spoil it. Do not keep fish in the ice chest, as it will taint anything like milk or butter. Keep any fish left after the meal in the same way.

To Skin a Fish.—Cut a narrow strip along the backbone, using a sharp knife, and removing the fin on the back; then run up the knife through and under the bony part of the gills and peel the skin off backwards toward the tail, holding the bony part of the gills with the thumb and finger; then peel off the skin from the other side in the same manner, and throw it away.

To Bone a Fish.—Fish like herring and shad, abounding in fine bones, are not boned, but whitefish, mackerel, cod, etc., can be boned as follows: Clean, skin and spread it out flat on a board; then begin at the tail, and run a sharp, thin knife under the flesh, close to the bone, and loosen the backbone with the forefinger. Take pains not to break the flakes, and when the flesh on one side is loosened, slip the knife under the bone on the other; when all the bone is loosened, pull it from the flesh. Any small bones remaining in the flesh can be felt and removed with the fingers.

Hints.—The earthy or muddy taste which taints some kinds of fresh water fish can be removed by rubbing on salt and letting them stand a few hours or over night; or, if in a hurry, soak them in salted water $\frac{1}{2}$ to 2 hours.

If fish are dipped in hot water for a minute, they will scale much easier. To remove scales, there is no instrument equal to a currycomb—it is everyway superior to a knife. The scales and entrails should be removed, and also the blood and white skin along the backbone, as soon after the fish is caught as possible; then rinse, wipe dry, and keep near ice. Keep the eggs, or fish roe, and cook it with the fish.

The quickest and best way to freshen salt fish is to soak it in sour milk. As salt will settle, put the fish flesh side down, then the salt as it dissolves out of the fish will settle in the bottom of the pan. If the skin side is down the salt will settle against the skin and be retained in the fish. All fish lose nourishing power by being salted.

Salted fish and canned fish, oysters, lobsters etc., can be kept in the store-room against an emergency, but great care must be taken in the case of canned meats, fish, lobsters, and vegetables, that the

brands selected are put up in *pure tin* cans; a mixture of lead with the tin is sometimes used, the oxide of which is poisonous. All the contents of a tin can when opened should be immediately removed into an earthen or glass dish, as oxidation proceeds rapidly after the can is opened, and the inside, with its contents, exposed to the action of the air.

The knives and spoons used about fish should not be used for other food till well cleaned, as they will impart a fishy flavor to it. Rub steel knives or forks with fresh lemon or orange peel to take off the fishy taste.

To thaw out frozen fish, put it in cold water, and leave it until it is flexible and the frost is all drawn out; then dress and cook at once.

Fish, if kept near ice and very cold, retains much of its freshness, but if once heated, its delicate flavor cannot be restored. Fish that is not quite fresh can be improved by washing in vinegar and water, or permanganate of potash and water. It is afterwards better fried than boiled, but no dressing will entirely conceal its quality. Fish purchased in the market should be used the same day if possible.

The **garnishing of fish** is an art, if nicely done. Celery tops, horseradish, common radishes, water-cresses, parsley, nasturtium flowers, sliced lemons and red pickled beets, cut in fanciful shapes, are among the most effective and popular things to use.

Methods of Cooking Fish.—Broiling a fish best retains its nourishing qualities; baking is next, while boiling retains the least—in fact, boiling is the least desirable way of cooking them. Small fish are usually fried; those of medium size broiled and baked, and the largest can be boiled.

As the directions for *frying, boiling, stewing, broiling* and *baking* fish apply to nearly all kinds, we will give these methods quite fully, instead of describing the same method over and over again for each different kind of fish. Anyone who masters the *process*, can easily cook any fish adapted to that way of cooking.

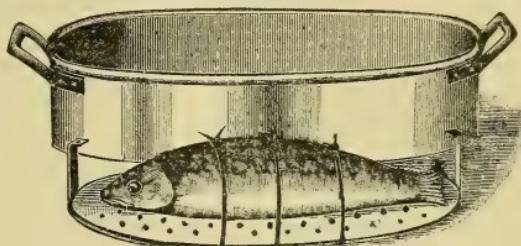
TO BOIL FISH.

When boiling fish, to have the water bubble is worse than useless, as it cracks the skin. If fish is put into cold water at first, it, like meat, gets dry (see our article on the principles involved in cooking meat). A compromise is therefore made, and salt is added to the water (use about 1 oz. of salt to each quart of water); it is well also to add about 1 tablespoon of vinegar or

lemon juice to each 2 quarts of water. Vinegar or lemon juice are valuable because albumen coagulates sooner when in contact with an acid, and they thus help to coagulate the surface albumen, and so retain the juices inside. Salt added to the water in which fish is cooked acts in 3 ways, as explained in the article on cooking meats. The *old* plan has been to put fish into cold water at first, but *it is much better* to put it into water as hot as the skin will bear without breaking, and this varies with each kind of fish. To break the skin is very undesirable, because it not only makes an

unsightly appearance but each crack makes an opening through which the interior juices will escape. Any fish which is to be served without the skin on, like sturgeon or halibut, is best if put into boiling water. Fish having a thick, tough skin, can be put into water at the boiling point. Fish with delicate skins, like trout, mackerel, etc., should be put into warm water— 140° to 150° . If a fish kettle is used, and a fish plate that can be taken up, there is no need of a cloth around the fish, but if it has to be boiled in a common kettle, it should be rolled in a piece of cloth (butter cloth is best) to keep it in shape, and it is likely to be broken when taken from the water, if the cloth is not used. Allow the fish to gently simmer, not actually boil, or the outside will break into pieces before the inside is done. If water is to be added, do not pour it directly on the fish, as that is apt to break the skin; pour it gently in on one side of the kettle. Fish should always be put into the water in which it is to be cooked; if the water is poured upon it, it is apt to become broken. It should not be allowed to remain in the water after it is done; if it has to be kept hot, it should be taken up on a drainer, placed across the fish-kettle over the hot water, and covered with a soft cloth or flannel folded several times, to prevent its losing its color. The reason for skimming is, that the scum will be likely to settle on the fish if that is not done, and give it an unsightly appearance. Save the liquor in which fish has been boiled, as it makes an excellent soup with a few cheap additions.

Boiling is the least desirable way of cooking fish.



A FISH KETTLE.

The Time of Boiling depends entirely on the freshness and thickness of the fish, and varies so much that no rule can be given; experience is the only guide. There are three reliable tests by which it can be ascertained if the fish has been sufficiently cooked: First, if the fins will pull out easily; second, if the skin of the fish is cracked; or, third, if a skewer passes easily when run into the fish close to the bone. Too long boiling makes fish "woolly" and tasteless. Fish should be well cooked to be digestible, but should not be overdone. White fish cook much more rapidly than meat. All dark-fleshed fish require more boiling than the white-fleshed kinds. Salmon needs about 10 minutes to each lb. Haddock, cod, etc. only need 2 or 3 minutes to the lb. Mackerel needs about $\frac{1}{4}$ hour. Bass or sheeps-head, of 4 or 5 lbs., will boil in about 10 minutes. Herring and many similar fish, in 6 or 8 minutes.

Au Court Bouillon is a term applied when white wine or vinegar and onions and spices are used to flavor the water in which the fish is boiled.

A la bonne eau is a term applied when the fish is simmered in a little water made savory with herbs, and the water in which it is cooked is generally served with it. When sea water is used the fish is said to be *a l' Hollandaise*.

Au bleu is the term applied when red wine and vinegar are used in the water in which the fish is boiled, and it is also strongly impregnated with herbs. The fish is then generally served cold. Only the best kinds of fish are thus treated.

All boiled fish should have a good sauce served with it. Hollandaise and sauce piquante go well with salmon, oyster, lobster, and shrimp; and drawn butter, egg, pickle, etc., with other fish. Serve the sauce in a sauce-boat unless the fish breaks and looks badly, in which case the bones can be taken out, the fish flaked, piled on a platter lightly, and the sauce poured over it.

Garnish boiled fish with slices of lemon or hard boiled eggs, parsley, button mushrooms, fried oysters, sliced pickles, Saratoga potatoes, etc.

STEAMED FISH.

An excellent way to cook fish is to thoroughly clean, remove the head, skin and tail, rub with salt and lemon juice, and cook in a steamer, over boiling water, instead of boiling it. In many respects it is better than boiling. When done, serve on a platter on which a folded napkin is laid, pile Saratoga potatoes around it, and garnish with parsley, slices of lemon or hard boiled egg. Serve a good sauce in a sauce-boat with it.

Time to steam, about 20 minutes for moderate sized fish, and longer for large ones.

STEWED FISH.

Cut the fish in small pieces and sprinkle on salt; then in $\frac{1}{2}$ pint of water boil one onion (sliced) and when cooked, pour off the water; then add 1 cup water, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ teaspoon salt, a salt-spoon of pepper, and a sprig of parsley or other herbs. Boil the fish in this till done, and serve very hot. Rub to a cream 1 teaspoon of butter and 1 large teaspoon of flour, and thicken the gravy with it. Any fresh water fish can be thus stewed.

Time to stew, about 20 minutes.

TO BROIL FISH.

Clean the fish properly and either rub it with vinegar or dry it and dredge it with flour. Salt and pepper is all that is really necessary to apply to oily fish before broiling them, but salad oil or butter should be first spread over dry, white fish. Fish is sometimes soaked in marinade previous to broiling, as it improves the flavor. The French steep it in olive oil flavored with spices.

Large fish need a moderate fire so as not to burn the outside before the inside is done; they are best split, in order to cook them through well, or else make notches at equal distances on the sides to admit the heat. Small fish need a clear hot fire, and may be cooked whole. The gridiron should always be well greased. As the skin burns easily, the flesh side should be cooked first to a golden brown; then turn and broil the skin side until it is crisp. A double wire gridiron is easily turned, but the best way when an old style iron or a single gridiron is used, is to take a knife and separate any part that sticks; then with one hand hold a platter over the fish, and with the other, turn over the gridiron; the fish will then be on the platter and can easily be returned to the gridiron without breaking. When done, sprinkle on salt and pepper, and, using a knife, spread a little butter over it, and then put it in the oven a moment to let it soak in. A *Maitre d' hotel* or other good sauce can be used with it.

All oily fish, like mackerel, herring etc., are better broiled than fried.

The pieces of fish are sometimes wrapped in a piece of oiled paper before being broiled, when very delicate broiling is desired. The paper must be very thoroughly oiled or buttered, but no oil should drop on the fire, and a very clear fire is needed.

A gridiron that has cooked fish needs most thorough cleaning.

Remember that the secret of having dry, white fish, nice, is to rub them with salad oil or melted butter before broiling them.

Time to Cook.—This depends largely on the size. Small fish will broil in 5 to 10 minutes, while larger ones will need 15 to 20 minutes.

BROILED SALT FISH.

Use any salt fish, and either soak it in cold water 24 hours, changing it 2 or 3 times, or if in a hurry use warm water and soak it a short time, changing the water and parboiling it slightly. When wanted for use, drain, dry, and broil briskly. Season with pepper, a little salt if needed, and pour on melted butter.

Time to broil, about 10 to 12 minutes.

MARINADE FOR BROILED FISH.

Mix together $\frac{1}{2}$ cup of salad oil, a chopped onion, the juice of a lemon or 1 tablespoon of vinegar, and a bunch of herbs. Scores 1 inch apart are often made in the fish before putting it in the marinade. Let them soak in this $\frac{1}{2}$ hour. Many kinds of dry fish are much improved by this treatment.

TO FRY FISH.

By frying fish we mean immersing it in hot fat. The fish should be well cleaned, dried with a soft cloth, and seasoned with pepper and salt; then rub it with flour, dip it in beaten egg, and then sprinkle with fine bread or cracker crumbs; sometimes wheat flour or Indian corn-meal are used, but fully cover the fish so that there are no cracks. Then fry it in smoking hot fat like doughnuts, and as directed elsewhere under "The Processes of Cooking." It should be fried a rich golden brown. A sheet of paper can be placed to receive it after it is fried, that it may be free from all grease. Some cooks lay it in the oven for a moment, and then serve.

Time to Cook.—A very little time is all that is needed to cook it (from 2 to 5 minutes) if the fat is the right temperature; a general mistake is to overcook it.

Do not fry oily fish, like mackerel, salmon, etc. Halibut, cod, etc., can be skinned, boned, and cut into small pieces, and then fried. Fish which is very cold should be slightly warmed first, or it will chill the fat and become greasy. Fish thus fried is nicer than by the common method of frying in the frying-pan; try it once, if you never have.

Fish is also sometimes fried in batter. The fish should be dried, seasoned with pepper and salt, dipped in the batter, and quickly put

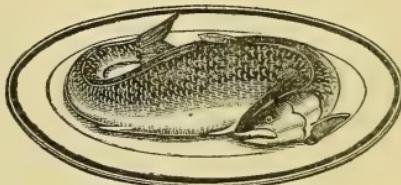
into the hot fat. The batter must be smooth and thick. As soon as the batter is of a bright golden color, take it out, and if the fish is thick, put it in the oven for a few minutes. The fat is more than 100° hotter than boiling water, and the inside part of whatever is cooked in it goes on cooking after it is taken out of the fat.

For frying in the frying-pan or sautéing, butter is not desirable, as it scorches too easily and gives a bad odor to any fish that requires long cooking. Small brook-trout, however, are sometimes cooked in butter in the frying-pan. For ordinary sized pan-fish, or slices of large fish, the fat from a few thin slices of salt pork is excellent; the thin scraps of fried pork are used with other garnishing, around the fish on the platter.

Garnish fried fish with parsley, lemon, pickle, etc., and serve with any acid sauce, like tomato or tartare. Small fish should be arranged with heads and tails alternating. Arrange fillets in a circle, one overlapping the other.

BAKED FISH.

Clean, dry, and stuff the fish with one of the stuffings given below, and sew it. Long, narrow fish bake best if a trussing needle is run through the side of the head, then the middle of the body, and then the tail, in such a way as to form the fish into the shape of a letter S as shown in the accompanying illustration; it will then rest on its belly while baking, instead of on its side. Shad or other short, broad fish, may be propped up on their bellies with peeled potatoes, or pieces of old bread. In order to lift the fish out easily when done, it is best to put the fish on an iron or tin baking sheet, with handles at the ends, and set that in the baking pan; if you have no such baking sheet, 2 broad strips of cotton cloth can be used to lift the fish out with, laying the cloth across the pan before putting in the fish. Grease the baking sheet well with salt pork fat, to keep the fish from sticking, and put some pieces of pork under the fish also. Sprinkle it over with salt and pepper, rub on soft butter, and put narrow strips of pork in gashes cut across the back of the fish about 2 inches apart. Dredge it well with flour, and bake in a hot oven until nicely browned, basting it often to prevent the skin from cracking. Remember that constant basting is essential to success. Some



BAKED FISH.

cooks put a little water in the baking pan, but it is better not to do so, but use the pork fat to baste with. When done, lift it carefully and put it on a hot platter, take out the trussing needle or threads, and remove the salt pork.

The best fish for baking whole are fresh shad, bass, cod, blue-fish, haddock and small salmon.

Time to Bake.—This depends on the size and character of the fish, varying from $\frac{1}{2}$ to 1 hour usually. A medium sized shad or cod should bake in $\frac{3}{4}$ hour.

Garnish with parsley, water-cresses or Saratoga potatoes, and serve a drawn butter or Hollandaise sauce with it.

Stuffing for Baked Fish.—Take 1 cup cracker crumbs, 1 teaspoon of salt, 1 saltspoon of pepper, 2 teaspoons of chopped parsley, 4 tablespoons melted butter. If it is wanted more moist, wet the cracker crumbs with $\frac{1}{2}$ cup of warm water, or with 1 beaten egg. This makes a stuffing for a fish weighing 4 to 6 lbs.

Stuffing, No. 2.—Take bread crumbs, 1 well beaten egg, 1 tablespoon chopped suet, 1 tablespoon chopped parsley, 2 tablespoons minced onion, a little butter, pepper and salt. Stuff the fish, sew or tie up, and bake.

Oyster Stuffing.—Prepare $\frac{1}{2}$ pint of buttered cracker crumbs; then take 2 cups oysters, roll each one in the cracker crumbs (draining them first) and fill the fish with them; sprinkle the oysters with the balance of the crumbs, sew up the fish, and bake.

Oyster Stuffing, No. 2.—Season a pint of oysters with salt, red pepper and lemon juice; fill the fish with the oysters, sew up, and bake as before directed.

FILLET OF FISH.

This consists of the flesh of fish, skinned, boned, and cut into small strips. (The word fillet means literally a thread or string). These strips (fillets) are usually dredged with salt and pepper, dipped in beaten eggs, rolled in crumbs, and fried like doughnuts in smoking hot fat. Time to fry, 1 or 2 minutes. On taking out lay them on paper a moment to drain. Serve on fried or toasted bread, or with a good fish sauce, like cream, tartar, or Hollandaise. The strips (fillets) are sometimes allowed to stand 1 hour, sprinkled with salt, pepper and lemon juice, and then baked, having melted butter in the pan and basting the fish with it. When done, garnish and serve with a good fish sauce.

TURBAN OF FISH.

This consists of fish prepared as directed above for fillets of fish, but the fillets (strips) of fish are rolled up and fastened with a small skewer, such as a wooden tooth pick. Then fry or bake as directed for fillets and serve the same way.

PICKLED OR SPICED FISH.

Use remains of any cold fresh fish, remove all skin and bones, put it in a deep dish, and add enough hot, spiced vinegar (prepared by boiling cloves and allspice in the vinegar for 10 minutes) to just cover. As soon as cold it can be used.

FISH AU GRATIN.

Cut an onion in small pieces, and fry it in 3 tablespoons of butter; skin and bone 2 lbs. fish, cut it in pieces, roll and dip it in flour, and fry it in the onion and butter, in a frying pan; let only 1 side brown. Now pour over the onions and butter, 1 tablespoon lemon juice or vinegar, 3 tablespooons beef gravy or good meat extract, 4 tablespoons of tomatoes just out of the can, and the liquor from 1 pint of oysters. Sprinkle bread crumbs over the top, and here and there put bits of butter. Set the platter in the oven over a pan of hot water, to prevent the dish from breaking, and bake till the crumbs are brown. Season 1 pint of raw oysters with red pepper, salt and lemon juice; put them in a saucepan, and let them cook until they puff up. Shake the pan to keep them from burning, and when done, pour them around the fish. Shrimp or mushrooms may be used instead of oysters if more convenient.

FISH BALLS.

To 1 cup salt fish picked in pieces and freed from bones, take 2 cups potatoes peeled and cut in small pieces; put all in a pan together, cover with boiling water and boil till the potato is soft but not soggy—about 25 minutes. Then drain, and mash and beat till *very light*; add a little pepper, 1 teaspoon of butter, and, when cooled a little, 1 well beaten egg, with a little more salt if needed. Then shape it into balls with a tablespoon. In shaping them press very lightly; if pressed hard they will be injured or ruined. Then fry like doughnuts in smoking hot fat about 1 minute; on taking out lay them on soft paper to drain. Or, if desired, the mixture can be fried till brown in a frying pan, with salt pork fat or butter, and then turned out like an omelet. These are delicious.

FISH CHOWDER.

Take three lbs. fish cut in pieces, 4 cups sliced potatoes and $\frac{1}{4}$ lb. salt pork cut in thin slices. Fry the pork in a deep kettle till brown, but not burned; then over it put a layer of fish, then a layer of potatoes well dredged with flour, pepper and salt. Repeat alternate layers till all is used; then pour on hot water, not quite to cover, and boil till the potatoes are tender. In another saucepan heat 4 cups milk, and when the potatoes are tender add it to the chowder with one heaping tablespoon of butter and $\frac{1}{2}$ lb. fresh Boston crackers (if stale they will spoil the chowder) having first split and soaked them a few minutes in warm milk or water. Boil up once and the dish is done. The broth should be about the consistency of a thin cream soup. The best fish to use are cod, haddock or striped bass. A good way to serve it is to put the fish and potatoes on a large platter, with the crackers in a circle around, and then strain the broth and put in a soup tureen. This will make an entire dinner of itself (soup, fish and vegetables,) adding, to finish, a simple dessert or a little fruit. Time to cook about $\frac{1}{2}$ hour.

UTILIZING COLD FISH.

CREAMED FISH.—Use remnants of any cold fish left from dinner, picking it to pieces and removing all bones. Make a cream sauce by cooking 2 tablespoons of butter and two tablespoons flour until they bubble; then add 2 cups milk, 1 teaspoon salt, and pepper or cayenne. Butter a pudding dish, put in a layer of fish, then a layer of the sauce, and so on alternately. Spread bread or cracker crumbs on top, add bits of butter, and bake about 20 minutes in a hot oven. A little parsley, onion or lemon juice can be added to the sauce for flavor if desired.

CURRY OF FISH.—Use cold boiled or baked fish of any kind; pick it to pieces and remove all bones. In a little butter fry a sliced onion till quite brown; add 1 cup hot water and 1 teaspoon curry powder; then add 1 teaspoon of flour which has been mixed in a little cold water and freed from lumps. Then strain the sauce, put in the fish, heat till warmed through, and serve.

ESCALLOPED FISH.—Use remnants of any broiled, fried or baked fish left from dinner, picking the fish to pieces and removing all bones. Into a baking dish put alternate layers of the fish, and either mashed potatoes or cold boiled potatoes cut into small pieces. Pour over a cream sauce made as directed for "Creamed Fish," and bake in a hot oven about $\frac{1}{4}$ hour.

ESCALLOPED FISH No. 2.—Pick cold fish in pieces and remove all bones. Make a cream sauce as for "Creamed Fish." Into a pudding dish put a layer of fish, then a layer of bread or cracker crumbs; moisten it with the sauce, and season with salt and pepper, if needed, and put on bits of butter. Put in alternate layers in this way, finishing with crumbs. Bake it in the oven till the crumbs are browned on top—about 20 minutes.

FISH CAKES.—Take remnants of any cold fish, pull them to pieces, and thoroughly incorporate with them a little butter and some mashed potatoes; season the whole with pepper and salt to taste, and a little cayenne if desired. Form the mixture into cakes, and fry in smoking hot fat till of a golden brown. Serve garnished with parsley. Time to cook 1 or 2 minutes.

FISH PIE.—Take any cold fish left from dinner, pick it into small pieces, removing all bones, and season with pepper and salt. Have a kettle of hot mashed potatoes, put half the potatoes into the bottom of a pudding dish, spread the fish on it, and cover with the remainder of the potato. Smooth over the top and brown in the oven 10 minutes.

FISH AND OYSTER PIE.—Take remnants of any cold fish, pick it in pieces, remove all bones, spread a layer in a pudding dish and sprinkle with pepper and salt; spread on a layer of bread or cracker crumbs and oysters and sprinkle with nutmeg and parsley, and so continue with alternate layers. Form a covering of either crumbs, which should be browned, or puff paste, which should be cut into long strips and laid in cross-bars over the fish, with a line of the paste first laid around the edge, and bake. Before putting on the top, pour in some melted butter, or a little thin white sauce, and the oyster liquor. Time to bake, if of cooked fish, $\frac{1}{4}$ hour; if made of fresh fish and puff paste, $\frac{3}{4}$ hour.

RE-DRESSED COLD FISH.—Cut the fish into square pieces, and lay them neatly in a flat dish; then cover them with mayonnaise sauce. Garnish with parsley and sliced beet-root if you have it. White fish or salmon may be dressed in this way.

POTTED FISH.

Clean the fish, skin it, remove the larger bones, and cut it in pieces. Mix together 3 tablespoons each of cloves, allspice and peppercorns, 1 saltspoon of cayenne, and $\frac{1}{3}$ cup of salt. Into a small stone jar (not earthenware) pack the fish in layers, sprinkling the mixture of spices between the layers. Put in vinegar enough to

cover, tie a thick paper over the top, and bake 5 or 6 hours in a moderate oven. It will keep some time in a cool place (if kept under the vinegar), and can be eaten cold or hot, making a fine relish for tea or lunch. The bones will be dissolved by the vinegar.

CRIMPING FISH.

This consists in striking the fish on the head when caught, and then making a number of transverse gashes in it; the fish is then put in cold water which makes the muscular fibres contract strongly, and the flesh becomes firmer than would otherwise be the case. Cod are often crimped, and are then thought to be firmer, better flavored, and to keep longer than when uncrimped.

CAVIAR.

This is the hard roe of sturgeon and other fish preserved by washing in vinegar and salting. It is pretty extensively prepared and used as an article of food in Russia, but in this country is served principally as a relish at the table, the mode of serving it being on dry toast with lemon juice squeezed on it. It is generally disliked at first, but is highly esteemed by those in whom the taste has been cultivated. It is now quite extensively manufactured in the United States.

ANCHOVIES.

FRIED.—Slightly fry the little fish in their own oil; and serve them on thin fried toast. They make a nice accompaniment to the cheese course at dinner.

ANCHOVIES ON TOAST.—Wash the fish in milk, dry them, remove the bones, and fillet them (each anchovy should make two fillets.) Put the fillets on nice strips of thin buttered toast, set in the oven a minute to heat, and serve.

The anchovy is a small fish of the herring tribe caught principally in the Mediterranean sea, the best coming from the island of Gorgona. It was well known to the ancients, and they made a valued sauce from it called *gareen*. A large part of the anchovies put up in Europe are really sprats or pilchards, the name anchovy now indicating a peculiar method of preparing fish rather than the fish itself. There is an American variety of the anchovy but it is mainly sold as white-bait.

THE ALEWIFE.

This fish can be dressed, and then fried, or sautéed like brook trout.

The alewife is an American fish, allied to the herring and shad. It abounds on the eastern coast of N. America, appearing in the late spring and early summer. It enters the rivers to spawn, but ascends only as far as the tide goes. Although

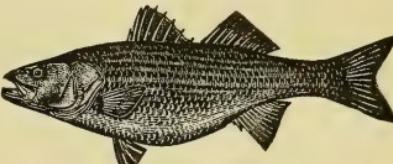
inferior to the herring they are a valuable food fish. They attain a length of from 8 to 12 inches. It is the most abundant of any of our coast fishes.

THE BARBEL belongs to the carp family and resembles the American sucker. Numerous species are found in Europe, but no true barbel is known in the United States.

THE BLEAK is another European fish not found in the United States.

BASS.

Striped Bass.—Those weighing less than 1 lb. can be allowed to soak 1 hour in salted water (after cleaning and dressing); then drain, wipe dry, and fry in salt pork fat. Anchovy butter is nice with them. (2) Small striped or black bass can be filleted, as previously directed for filleting fish. Serve a good sauce, like tartare with them. (3) Those weighing from 1 to 3 lbs. can be broiled. (4) Those weighing 5 to 8 lbs. can be boiled as previously directed for fish. Time to boil, 20 to 30 minutes according to the size. (5) They can be stuffed and baked as previously directed for baking fish. (6) Very large ones can be cut in pieces and boiled, steamed, fried, or broiled as previously directed for cooking fish by those methods, at the beginning of this chapter. They often reach a weight of 20 lbs.



STRIPED BASS.

Black Bass.—The smaller ones can be cooked as directed for small striped bass, and the larger ones broiled. The flesh is hard, white and flaky, but not specially flavored.

This fish bears many names in different localities, being called *Chub* in North Carolina, *Jumper* in Kentucky, and *Moss Bass* in Indiana. *Otsego Bass* is a local name for Whitefish. There is much confusion in the use of the name bass, it being often applied to fish which have no claim to the title.

The White Bass.—these usually weigh from 1 to 3 lbs. They are often also called *perch*. Cook them as directed for small striped bass.

The Yellow Bass, which is often called *Bar-fish* in the south closely resembles the white bass in size and color, and is cooked the same.

BLACKFISH.

These are very nice made into fillets as previously directed for filleting fish. Serve with tartare or other good fish sauce. It makes an excellent chowder. It is also good boiled. Proceed as directed for cooking fish by these methods, at the beginning of this chapter.

The blackfish is an inhabitant of the coasts of Europe, but is rare because it

inhabits deep waters. It often attains a length of $2\frac{1}{2}$ feet, and a weight of 12 to 15 lbs. It is an excellent food fish. Its flesh is firm, flaky and very sweet. It is variously known as "Sea-bass," Rock-bass," "Black-Will," "Black-Harry" and "Hannahills."

BONITO.

This fish is best broiled or grilled as previously directed for broiling fish, at the beginning of this chapter.

The bonito is found only in the Atlantic basin. It is often called "Skipjack" in the Boston market. The fish is not very common, but is a marvel of beauty and strength, and is nearly equal to the Spanish Mackerel as a food fish.

THE BRILL is a European fish allied to the turbot, but inferior to it as a food fish. It is not found in American waters.

THE BREAM.

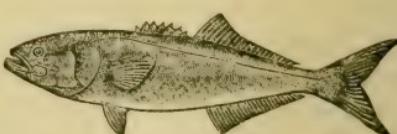
The American variety belongs to the species of sunfish, and is not very highly esteemed. It is best cooked as a pan-fish—that is fried or sautéed in the frying pan.

The European variety is much used for food. There is much confusion in the use of the name "bream," as it is applied both to a sea-fish and to several varieties of fresh water fish.

BLUEFISH.

This is excellent stuffed and baked as previously directed for baked fish, at the beginning of this chapter. Serve with it any fish sauce liked best. (2) It can be boiled as directed for boiling fish, at the beginning of this chapter. Or (3) it can be cut in steaks and fried in salt pork fat in the frying pan, or cut in pieces, egg and bread-crumbled, and fried in smoking hot fat till of a golden brown color. Garnish as directed for fried fish at the beginning of this chapter.

The bluefish is an American fish, and it has never been found on the coast of Europe. It is the most destructive fish known, devouring eagerly all other varieties of fish. The size of the fish varies in different localities from 2 or 3 lbs. on the southern coast, to 15 or 20 lbs. on the northern coasts. The flesh is sweet and savory but does not keep very well. They appear on the coast from May to October.



THE BLUEFISH.

BUTTERFISH.

These are excellent when fresh if fried in salt pork fat in the frying pan. They can also be broiled or filleted as directed for fish at the beginning of this chapter. They are nice boiled and a good sauce served with them.

The butterfish is found along the Atlantic coast from Maine to the Carolinas. They attain a length of 7 or 8 inches. Their flavor somewhat resembles the mackerel, but they are not so oily. They are excellent eating when properly

cooked. When freshly caught their color is iridescent and beautiful, resembling the dolphin. The "Harvest-fish," "Dollar-fish," "Sheepshead," "Skipjack" and "Star-fish" are different names applied to this fish or to nearly allied species.

THE CARP.

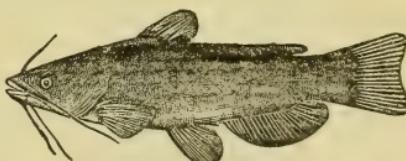
Dress, and if it comes from stagnant or muddy water let it soak in salt water for an hour, or sprinkle on salt and let it stand over night. (1) It is nice stuffed and baked as previously directed for baking fish. Or (2) it can be stewed as directed previously for fish, and garnished with fried bread. (3) It is also nice fried as directed previously for fish. It may be improved by letting it soak a little while before cooking it, in vinegar flavored with thyme, parsley and nutmeg.

The carp is a native of Asia, but it has been naturalized in many countries on account of its value as food. It is said to live 150 to 200 years. Its weight is from 3 or 4 lbs. at 3 years of age, to 15 or 20 lbs. at 6 or 7 years. It prefers stagnant or slowly running waters with a muddy bottom. Its quality depends much upon its habitat. In stagnant water it tastes strongly muddy. It should then be freshened by soaking it in salted water.

CATFISH.

Dress and always soak it in salted water, or leave it over night with salt sprinkled on, to remove the muddy taste. (1) It can then be cooked as previously directed for "Stewed Fish." (2) Fried. Prepare it as above, then drain, dredge with flour or corn-meal, and fry in a little fat. Season with pepper and salt, and serve. Waffles are nice with this dish. (3) It is also good when steamed. (4) Cut it in pieces and fry it in smoking hot fat, proceeding as directed for cooking fish by these methods at the beginning of this chapter.

CATFISH CHOWDER.—Dress the fish and let it soak a little while in salted water. Then boil it, (in just enough water to cover it) until tender. Take out the largest bones, chop the fish, and put it into a stew pan; add 2 cups hot water, 1 cup milk or cream, 2 tablespoons of butter, 1 onion, 1 teaspoon mustard, salt, pepper and $\frac{1}{2}$ teacup walnut catsup; stew till thick and serve hot. Garnish with sliced lemon.



THE CATFISH.

The catfish is a species of the family *siluridae* and is found in American rivers and lakes. The common catfish or *horned pout* of the eastern states attains a length of 7 to 9 inches, but in the west and in the great lakes they sometimes grow to a length of 4 feet and attain a weight of 50 to 150 lbs.

"The Bull-head" "Bull-pout" and "Horned-pout" of the eastern states is the common representative of the catfish in those regions. They are detested by those

who do not like them, but that is partly, at least, owing to not cooking them properly. When well cooked they are very palatable, resembling the eel in texture and flavor. Many of our common fish are not appreciated as they deserve to be for food.

THE CHAR.

The char belongs to the same species and is very similar to the trout. The method of cooking is the same. It is a delicious food fish. (See Trout.)

THE CHUB.

This is best fried in the frying-pan after being caught, as directed for frying fish at the beginning of this chapter.

The chub is closely related to the dace and minnows. It reaches a length of 10 or 12 inches and rarely attains a weight of 5 lbs. There are many American species, but they are not highly esteemed for food.

CODFISH.

When fresh, the cod is excellent stuffed and baked as previously directed for baking fish. (2) It is excellent also stewed or fried, as directed for fish. (3) It is nice boiled whole as directed for other fish, but if boiled quite fresh it is apt to be watery; it is rendered firmer by being salted a little. If a large cod is boiled whole the upper part is so much thicker than the tail that the latter may be boiled to rags before the rest is cooked. The head and shoulders are therefore generally boiled; the rest may be fried, or stewed in slices. (4) Cold boiled cod is very nice creamed, curried or scalloped as directed for preparing fish in these ways, at the beginning of this chapter.

CODFISH BALLS.—Make as previously directed for "Fish Balls."

ESCALLOPED CODFISH.—If salt codfish is used, freshen it by soaking it in water or sour milk. Then proceed as previously directed for "Escalloped Fish."

BROILED SALT CODFISH.—Soak it $\frac{1}{2}$ hour in cold water, dry, and broil 10 or 12 minutes over a moderate fire. Put it on a warm platter and spread on butter, cutting it in several places to let the butter penetrate the fish, and serve.

CODFISH TOAST.—Shred 1 teacup nice salt codfish, and soak it over night in cold water. In the morning thicken 2 cups milk slightly with flour, add 1 well beaten egg, and boil $\frac{1}{4}$ hour; then add the codfish (which should have been well drained in a colander) and let it boil 5 minutes longer, and spread it over nice well buttered toast; serve hot.

SALT CODFISH OMELET.—Soak a piece of codfish about 3 inches square over night. Split 3 crackers and lay them in enough cold water to cover them. Pick the fish up fine and mix well with the crackers, and add 1 well beaten egg, 1 tablespoon of butter, and salt and pepper. Take 2 cups milk and 1 teaspoon of corn-starch and boil 5 minutes, and pour it over the other ingredients. Bake 20 minutes.

CODFISH TONGUES.—Wash them thoroughly in cold water and then boil them in slightly salted water. When done, drain them, arrange them on a napkin on a hot dish, and garnish with slices of lemon and parsley. Serve cream sauce with them. Time to boil about $\frac{1}{2}$ hour.

COD SOUNDS.—These usually come salted. Soak them all night in cold water, then scrape and rub off the dark skin with a cloth, wash thoroughly, and then boil them very gently in equal parts of fresh milk and water until tender. Be careful to remove the scum as it rises. Serve them on a hot napkin with egg sauce. Time to boil about $\frac{3}{4}$ hour per pound.

SCROD.—This is a term applied in the east to small cod. They can soak over night in salted water and then be boiled or fried, as previously directed for fish at the beginning of this chapter.

TOMCODS.—These are small codfish. They are nice fried as follows. Do not remove the heads, but dress, clean, dry, and rub salt on the inside. Dredge with flour and fry a golden brown in deep, smoking hot fat. (2) They can also be baked. Dress as above, put in the baking pan, put a thin slice of bacon on each one, add pepper and salt, and bake in a hot oven. Time to bake about 20 minutes. Serve with slices of lemon. They are sometimes called "Tommies."

The Codfish is found in the northern Atlantic, but is not known in the Mediterranean sea. It is the most important of our food fishes. *Cod tongues*, and *sounds*, (*i. e.* airbladders) are esteemed a delicacy, and are often salted for the market. Cod is less digestible than most other white fish, and is hardly suitable for invalids, being more difficult of digestion than is commonly imagined.

DACE.

This is nice either fried in the frying-pan (*sautéed*), or broiled, as directed for cooking fish by these methods at the beginning of this chapter.

The dace is common in western Europe, but it is not very highly esteemed for food. There are many allied species in the United States, as the horned dace found in clear streams in the east which attains a length of 19 or 12 inches. The "horns" develop on the males in the breeding season, but are absent at other times.

THE JOHN DORY is a marine fish found on the coasts of Europe. It has a large head with a black spot on each side, and it attains a length of 18 inches. The French Canadians apply the name to a species of pike. It is not found in America.

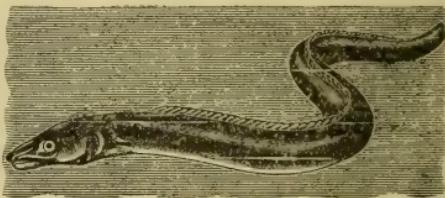
THE DRUM.

The young make a fine pan-fish, *i. e.* fried in the frying pan. The large ones are not much esteemed for food.

The drum derives its name from the drumming noise which it makes. It is found on the gulf coast and as far north as Maryland. When young and fresh the flavor is agreeable, but the flesh is coarse though tender.

EELS.

Eels should always be skinned, and the head cut off and thrown away. They can then be washed dried, and cut into lengths about 3 inches long. They are sometimes allowed to then soak a short time in a little water and vinegar, which improves them. They can then be fried, as previously directed for frying fish, in deep smoking hot fat. Serve tomato, pickle or any acid sauce with them. They can also be broiled, stewed or boiled as directed for cooking fish by those methods at the beginning of this chapter.

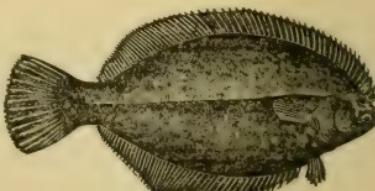


CONGER EEL.

THE FLOUNDER.

This is nice fried. Scrape the fish, cut off the head and tail, wash, dry, and fry as directed for frying fish. Time to fry about 6 or 7 minutes. They are often broiled as directed for fish at the beginning of this chapter. They make nice fillets also. Serve a good fish sauce with the latter.

THE FLOUNDER is found along the Atlantic coast from Cape Cod to Florida. They lie upon the bottom or bury themselves in the sand. They attain a length of 12 to 30 inches, and a weight of 2 to 8 lbs. It is a flat fish having both eyes on the same side of the head. The upper side is darker than the lower. They live long out of the water. The flounder is easy of digestion, but is best broiled when intended for weak stomachs.



FLOUNDER.

FROGS.

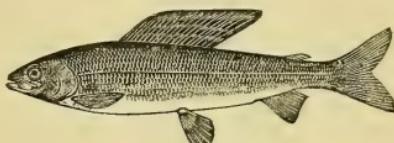
The hind legs only are used. Skin and put them for 3 minutes in boiling salted water containing a little lemon juice; then drain and wipe dry. Fry the fat from 2 or 3 slices of thin salt pork; dip

the frogs' legs in beaten egg and then in flour, and fry a delicate brown. Or (2) dip them in bread crumbs, then season with pepper and salt, dip in beaten egg, then in bread crumbs, and fry a golden brown in smoking hot fat. (3) If preferred they can be broiled. Or (4) stew them in a little water seasoned with salt, pepper and herbs; stew until tender, then let the water boil out, put in a bit of butter and let them brown. Serve with parsley, water-cresses or pepper-grass and lettuce. (5) Frogs' legs are also made into a broth the same as chicken broth.

Seventy years ago, Charles Lamb wrote to a friend: "Since I saw you I have been in France and have eaten frogs, the nicest little rabbity things you ever tasted. Pick off the hind-quarters; boil them plain, and serve with parsley and butter."

THE GRAYLING.

This belongs to the same species as the trout. It is found in Europe and America, but is confined to special localities. It is a very gamey fish, and is delicious eating. It is cooked in the same ways as brook trout (which see).



THE GRAYLING.

THE GUDGEON is a European fish belonging to the carp family. It is not common in the U. S.

GURNARD.

The large ones can be boiled, or stewed, or stuffed and baked, as previously directed for cooking fish by those methods. Small ones can be broiled or fried, as directed for fish, at the beginning of this chapter.

The gurnard is much eaten in Europe, but is neglected in America. The flesh is a flaky white, firm, and most agreeable eating. It deserves more attention.

HADDOCK.

When fresh the haddock is very nice (1) broiled or (2) stuffed or (3) baked. It is also good (4) boiled or (5) steamed, or (6) fried, and (7) it makes a splendid chowder. (8) It is also nice filleted. Proceed as previously directed for cooking fish by those methods, at the beginning of this chapter.

Smoked haddock, if very salt, should be soaked 1 or 2 hours in water. Then the simplest and best way to cook it is to broil it over a clear fire. Time to boil 1 to 10 minutes according to its thickness. Rub on butter before sending it to the table. It can also be boiled, or boiled a short time and then baked.

DRIED HADDOCK, STEWED—Warm the haddock before the fire just enough to make the skin peel off easily. Cut it into pieces down the middle, and 2 or 3 times across. Put it into a closed saucepan, with a lump of butter and a teaspoon of water and stew gently a few minutes.

The haddock is found in both the Atlantic and Pacific oceans and immense quantities are now caught. Their average length is about 10 to 15 inches, and their weight 3 or 4 lbs. although they sometimes attain a weight of 12 or 15 lbs. When very large its flesh is coarse. It does not take salt as well as the cod, although it belongs to the same family, and it is often smoked and dried. It is in season from October to January. It is wholesome, nutritious, and easy of digestion.

HAKE.

This fish is not often eaten except when salted, but it is sometimes (1) boiled, or (2) stuffed and baked, or (3) stewed, or (4) made into fillets, the methods being the same as directed for other fish at the beginning of this chapter. When salted and dried it much resembles codfish, and is often sold for it. The method of cooking is the same.

The hake belongs to the cod family and is found in the North Atlantic. It is sometimes 3 or 4 feet in length. Its flesh is white and flaky.



THE HAKE.

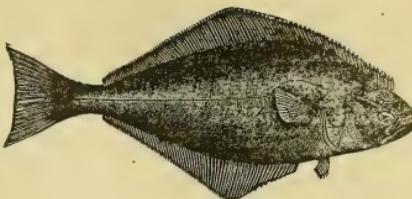
THE HALIBUT.

This excellent fish is nice either (1) baked, (2) broiled, (3) boiled, (4) steamed, or (5) made into fillets, as previously directed for cooking fish by those methods. (6) *When cold* it is excellent creamed or prepared by the other recipes given for cold fish at the beginning of this chapter.

HALIBUT STEAKS—Fry the fat thoroughly from 4 thick slices of clear salt pork; take out the pork when crisp; roll the steaks in flour or yellow corn-meal, and put in the pan; fry over a hot fire, but do not scorch; when done on one side, turn carefully with a fish or pie knife, and when done, have both sides a golden brown. Place the fish on a platter; send to the table, with cream gravy made in the pan after taking up the fish. Serve with cucumber pickles.

HALIBUT, PICKLED.—Take a piece of cold boiled halibut, put it in a bowl and pour over it hot vinegar in which has been boiled for 8 or 10 minutes a little red pepper and 1 blade of mace; let it stand 2 days before using.

The halibut is emphatically a cold water fish, being found in the north Atlantic and Pacific oceans. It is the largest of the cold water fish, sometimes attaining a weight of 300 lbs. Those weighing 30 to 40 lbs. are best. Its eyes are both on the same side of the head, and it is dark on the upper and white on the lower side. The flesh is white and firm, but dry. It is highly esteemed for food, but is not equal to the turbot.



THE HALIBUT.

THE HERRING.

Fresh herrings are excellent either (1) broiled or grilled, or (2) baked, or (3) boiled, or (4) fried, or (5) made into fillets, as directed for cooking fish by those methods, at the beginning of this chapter.

SMOKED HERRING, BROILED.—Let them stand 10 minutes covered with boiling water. Then skin, wipe dry, and broil them over clear coals. Put them on a warm dish, moisten with butter, and serve. Time to broil, about 7 or 8 minutes.

The herring is the most important food fish known. Enormous quantities are caught every year. It is eaten fresh, and is smoked, dried and pickled. It is very oily, and not very digestible, but it is exceedingly nutritious. The so called herring of the great lakes is a kind of whitefish.

BLOATER is an English name applied to herring prepared for the market by slightly salting, smoke-drying, etc.

THE LAMPREY.

The lamprey is like a very tough eel. It can be cooked like eel, only it requires to cook longer. (See eel.)

The lamprey is an eel-like fish, having a cartilagenous body, without scales, and a round, sucking mouth with numerous teeth. It is found in Europe, and there are several species in the U. S. They are very tenacious of life, and are prized by some for food.



THE LAMPREY.

LING, CUSK OR BURBOT

The ling is caught in the northern seas, and it is a fish belonging to the same family as the cod and hake, which it much resembles. It can be (1) boiled or (2) fried or (3) stewed, treating it the same as the cod, and (4) it makes a good soup. The fish is wholesome and nutritious, although not much used fresh. It takes salt well, and large quantities are prepared for the market. It is also dried.

Cusk, Burbot and *Eel-pout* are other names for the same or very similar fish.

MACKEREL.

This fish is excellent if eaten fresh, but it spoils easily. In dressing and cleaning be careful not to break the skin. One of the best ways to cook it is to broil it. Time to broil, 15 to 20 minutes. (2) It is excellent steamed, and many people can eat it that way who cannot when broiled. It is also good (3) when boiled or (4) fried or (5) filleted, proceeding as previously directed for cooking fish by those methods at the beginning of this chapter.

PICKLED MACKEREL.—Boil fresh mackerel. Then take the liquor it was cooked in, add 1 cup vinegar, $\frac{1}{4}$ oz. whole black pepper, 2 bay leaves, and boil all 7 or 8 minutes; pour it over the mackerel, cover tightly, and let stand 24 hours, when it will be ready for use.

BROILED SALT MACKEREL.—Take a medium sized salt mackerel and soak it over night in cold water. In the morning dry it, rub on a little butter, and broil it nicely, but not too long. When done, plunge it into boiling water a moment, which makes it swell up and look fat. Then put it on a hot plate, add a little melted butter, lemon juice and pepper, and serve.

CREAMED SALT MACKEREL.—Soak the fish over night, and wipe dry the next morning; heat the gridiron, butter it, and broil the fish over a clear fire; lay it on a hot platter while you make a sauce as follows: Heat 1 cup of milk to near boiling, and thicken it with 2 teaspoons of corn-starch rubbed smooth in 2 teaspoons of butter; add salt, pepper, a little chopped parsley, and when taken from the stove and partly cool, stir in 1 beaten egg; then pour it over the fish and serve. A nice breakfast dish in hot weather.

The mackerel is found in the northern Atlantic, and immense quantities are used as food. Its usual length is about 16 to 18 inches, and its weight 2 lbs. It is very nourishing although difficult of digestion by weak stomachs.

THE "SPANISH MACKEREL" is caught on the Atlantic coast, but it is not very highly esteemed for food.

THE MENHADEN.

This fish is best (1) broiled, or (2) fried, or (3) filleted, proceeding as directed for cooking fish by those methods, at the beginning of this chapter.

The menhadden belongs to the same family as the shad and herring, and is extensively caught along the Atlantic coast of the U. S. It is not much eaten fresh, as it is full of bones and very oily. It is now put up and sold for sardines, the bones being softened by steam.

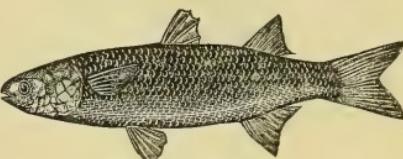
THE MULLET.

This fish frequently has an earthy taste. That can be removed, as in other fish, by soaking it in salted water for an hour or two, or

sprinkle on salt and leave it over night. It can then be stuffed and baked as previously directed for baking fish. (2) It can also be split and broiled. Or (3) it may be fried, or (4) filleted. It is sometimes (5) boiled or (6) steamed, proceeding as directed for fish at the beginning of this chapter.

Mullet Roes are often eaten raw and they are also salted and dried in the sun. They are then eaten raw like dried beef, or they can be fried.

The mullet is found in both Europe and the U. S. The red mullet of Europe is considered the best. The mullet is very plentiful along the gulf coast of the U. S., and two varieties are found, the Striped and White. It attains an average length of about a foot and weight of about $1\frac{1}{2}$ lbs.



STRIPED MULLET.

MUSKELLUNGE.

(1) This fish is nice stuffed and baked as previously directed for baking fish. (2) It is often cut in pieces the right size for the table, rolled in corn meal, and fried in smoking hot fat like doughnuts, until of a rich golden brown. (3) It is also often fried in the frying-pan in salt pork fat, and garnished with the crisp slices of pork. It can also be (4) stewed as directed for stewing fish at the beginning of this chapter.

The muskellunge belongs to the pike family, and is found in the Great Lakes and the St. Lawrence river. The flesh is superior to that of any of the rest of the species of pike. It is sometimes called "lake trout."

THE PERCH.

To facilitate removing the scales it may be plunged into boiling water for a moment. It is in America quite generally fried in the frying pan with salt pork fat. (2) It is nice fried in deep fat as previously directed for frying fish. (3) It is also good broiled or (4) stewed, as directed for cooking fish by those methods, at the beginning of this chapter.

The true perch is the common yellow perch of Europe and America. In regions where the true perch is not found the name is loosely applied to various fishes. All the true perches are confined to the north temperate zone. This fish loves still waters and is very voracious and tenaceous of life. The flesh is firm, of good flavor and digestible.

PICKEREL.

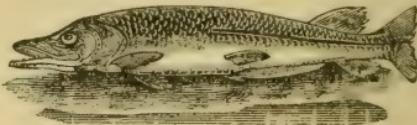
This fish is cooked in the same ways as pike, (which see).

The pickerel is a diminutive pike. It is rarely more than a foot in length, but it sometimes attains a weight of 5 to 8 lbs. The flesh is the same as the pike's. In the southern states it is called the "Jack."

PIKE.

This fish should be carefully scaled and cleaned. It is very nice stuffed and baked as previously directed for baking fish. (2) It can also be boiled or (3) fried or (4) stewed or (5) filleted, as previously directed for cooking fish by those methods, at the beginning of this chapter.

The pike is found in both Europe and America, and is exceedingly voracious, eagerly devouring other fish. It frequently attains a very large size. The flesh is much esteemed for food, although it is rather dry. Those of moderate size are better than very large ones. The roe of the pike is made into caviare, and in some countries the flesh is dried and salted.



THE PIKE.

THE PLAICE.

This is an excellent fish, the best being those with a thick, firm body. Large fish should be skinned, but small ones need not be, but it is best to remove the head and fins, and clean thoroughly. The fish is excellent (1) boiled, or (2) baked, or (3) broiled, or (4) fried, and (5) it is very nice steamed. (6) Small ones are probably best fried or baked. Proceed as directed for cooking fish by these various methods, at the beginning of this chapter.

The plaice belongs to the same family as the flounder and turbot. It is a flat fish having both eyes on the same side of the head. It seeks sandy and muddy bottoms, and attains a weight of 6 to 12 lbs. It is light, digestible, and when fresh has a delicate flavor. Invalids can eat it without fear.

THE PORGY.

This fish is found along the southern Atlantic coasts. It is best fried in the frying pan, with salt pork fat.

RED SNAPPER.

This fish is best (1) boiled, or (2) stuffed and baked as previously directed for cooking fish by those methods. (3) It also makes an excellent chowder. Medium sized fish will boil in 30 to 40 minutes, while to bake them will take about 1 hour.

Snapper is a name applied to several different fish in the U. S. The red snapper is a fish found along the gulf coast of the U. S. It resembles the porgy and is highly esteemed for food.

THE POLLOCK OR COALFISH.

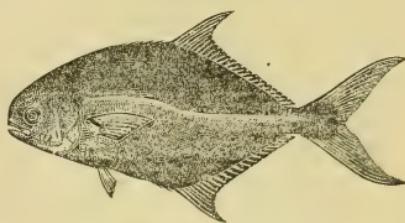
This fish is found in the north Atlantic and belongs to the same family as the cod and whiting. Owing to an unwise prejudice it is very much underestimated as food. Some who have investigated the subject say that they prefer it, when salted, to cod.

It is rather deficient in flavor, but makes a good curry. It can be cooked by any of the recipes given elsewhere for codfish.

THE POMPANO.

This fish can be (1) broiled, or (2) baked or (3) boiled or (4) steamed or (5) filleted, as directed for cooking fish by those methods at the beginning of this chapter.

The pompano is found both on the Atlantic and Pacific coasts. It appears chiefly in the summer and fall. There are several varieties. The flesh is fat, rich and delicious, being considered the best of all the food fishes, and they usually command a very high price.



THE POMPANO.

THE RAY OR SKATE.

This fish can be either (1) boiled or (2) fried or (3) stewed or (4) curried, as previously directed for cooking fish by those methods. The Skate is a species of the Ray family.

THE ROACH.

This fish is probably best (1) fried, but (2) is also good baked. (if baked, be sure and baste it well.) (3) It can also be stewed, or (4) filleted, proceeding as previously directed for cooking fish by those methods, at the beginning of this chapter.

The roach belongs to the same family as the carp, dace, etc. It is common to both Europe and America. The name is applied in America to several species of fish, and sometimes to sunfish.

FISH ROES.

The hard, yellow, granular roe is the spawn or eggs of fish, and comes from the female, and the soft whitish roe is the milt, which comes from the male. For *frying* (either the hard or the soft) wash them, then parboil by putting them for 10 minutes in boiling salted water containing 1 tablespoon of vinegar; then take out, plunge in cold water, drain, egg and bread-crumb, and fry in hot fat till a nice brown. They are also sometimes *sautéed* or fried in a frying-pan, being first cut in slices $\frac{1}{2}$ inch thick and egg and bread-crumbed.

FISH ROES, BAKED.—Parboil them in slightly salted water for 10 minutes; then drain them on a cloth, lay them on thin slices of breakfast-bacon in a baking-tin, place thin slices of bacon over the roe, and set it in a hot oven until the bacon is baked crisp and brown. Serve with any one of the fish sauces preferred.

FISH ROES, BOILED.—Boil them in slightly salted water for 30 minutes; if small, they will cook in less time. Do not let them break in pieces. In the meantime make a nice butter gravy, add to it a very little chopped parsley, and pour it over the roe, after placing it on a hot platter.

FISH ROES, BROILED.—Parboil the roes for 10 or 15 minutes in slightly salted water to harden them, drain on a cloth, and wipe them dry; dip in beaten egg, roll in cracker-crumbs, and broil over a clear fire of coals until well browned on both sides; place them on a hot platter, spread them with butter, or pour over them any fish sauce preferred.

The fecundity of fish has always excited the wonder of naturalists. The males have the *milt*, and the females the *roe*. The greater number deposit their spawn in the sand or gravel, but some of those who dwell in the depths of the ocean attach their eggs to sea-weeds. According to Lewenhoeck, the cod annually spawn upwards of 9,000,000 of eggs; the flounder 1,000,000, the sturgeon 700,000; the perch 400,000 the mackerel 500,000; the herring 10,000. Fish roes form a cheap and appetizing dish for those who like them.

SALMON.

Probably the two best ways of cooking salmon are by (1) broiling, or (2) boiling. (3) Salmon steaks are very nice broiled, steamed or fried. (4) Fillets of salmon are nice fried; or first parboiled or steamed, and then stewed in a good brown or matelote sauce. In cooking salmon by the above methods proceed as directed for cooking fish by those methods at the beginning of this chapter.

Cold Salmon, may be prepared by any of the various recipes given for cold fish at the beginning of this chapter.

Salmon is nice spiced, as directed in our recipe for spiced fish previously given.

SALMON CUTLETS.—Cut slices of salmon $\frac{1}{3}$ inch thick, remove skin and bone, season with salt and pepper, sprinkle on flour, dip in beaten egg, roll in bread crumbs, and fry in hot fat. Or they can be fried in a frying-pan.

SALMON STEAKS.—Salmon steaks are good broiled and served with piccalilli heated and piled in the middle, and with a hot sauce poured round, but not over the fish. A very simple but delicious way of cooking salmon is to cut it in slices, and grill it, serving it at once with a good squeeze of lemon juice, and a dust of cayenne on each side.

Large Trout cooked in the same way are equally good.

SALMON TOAST.—Soak 2 oz. of bread crumbs in cold milk, and mix with a can of salmon which has been worked to a paste.

Add the beaten yolks of 2 eggs, season with salt, pepper, a little nutmeg, and the grated peel of $\frac{1}{2}$ a lemon. Put into a dish, and on the top place beaten whites of the eggs. Bake in a moderate oven, and when the top is slightly brown, it is ready to serve.

CANNED SALMON.--A good way to serve it for breakfast, is to heat it, add pepper and salt to season, and serve on slices of toast, pouring over milk, thickened with flour and butter.

Another way to use canned salmon is to put the can for about 20 minutes in a kettle of hot water; then turn it into a dish, and pour on drawn butter; to which finely cut hard boiled eggs and chopped parsley has been added; eat with mashed potatoes.

SALMON, GERMAN STYLE.--Take 2 pints sauerkraut, boil, drain, pile it on a dish, and make a hole in the center; have 1 lb. hot canned salmon ready, put it in the hole; heat and season the salmon liquid, pour it over the dish and serve.

SMOKED SALMON, BROILED.--Smoked salmon is nice washed, drained, and broiled nicely. Then put it on a warm dish, spread on butter, and serve.

The Salmon is found in both the Atlantic and Pacific oceans. There are many varieties. Although the fish is considered most delicious when fresh, it is said to be more wholesome when kept 1 or 2 days. It is very nutritious, but should be eaten in moderation.

SARDINES.

These are nice broiled. Do not break them in taking from the can. Scrape off the skin carefully, and broil to a delicate brown between double wire broilers. Then put them in a hot dish and serve with lemon juice squeezed over them. They are also nice with orange juice.

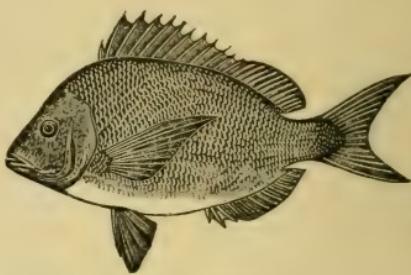
To serve sardines, the oil can be drained from them, and then place them on any small ornamental dish. Some people cover them with fresh olive oil, and others do not, as tastes differ. They can be garnished with parsley, pepper-grass or lettuce. Set a dish of quartered lemons near them.

SARDINES ON TOAST.--Take 3 eggs, 3 sardines, 3 slices of buttered toast. Bone the sardines and pound them in a mortar with a pinch of salt, a little pepper, and cayenne. Spread this paste on the hot buttered toast. Heat $\frac{1}{2}$ pint of cream, and, when hot, add the eggs well beaten with a Dover beater. Stir well until almost boiling; then pour it over the sardines and toast, and send to the table. Sufficient for 3 persons.

Sardines belong to the same order as the herring. They abound in the Mediterranean, and are also found in parts of the Atlantic. They appear in shoals, are caught with nets, and are salted, dried, soaked in boiling oil and put into boxes and covered with oil. A good many of the fish sold as sardines are really sprats, cured and preserved in the same way. A variety named anchovied sardines are sardines that have been cured in red wine. Sardines are very wholesome, and furnish an agreeable addition to the table.

THE SCUPPAUG.

The scup, or scuppaug, is very abundant in the eastern market in some seasons. (1) Small ones are best fried in the frying pan. (2) Large ones can be broiled, and a rich sauce served with them. The flesh is rather dry, and flavorless.



THE SCUPPAUG.

SHAD.

This fish is probably best broiled. The fish is apt to be dry. The secret of having it juicy is to rub it with melted butter or salad oil before broiling it. Then broil it over a clear coal fire. It will take 20 or 30 minutes. When done, spread with butter, salt and pepper. A cream or bechamel sauce is often served with it. (2) Many people prefer this fish baked. Stuff and bake it as directed for baking fish. It will take from 1 to $1\frac{1}{2}$ hours to bake.

Dressing for Baked Shad.—Boil up the gravy in which the shad was baked, put in a large tablespoon of browned flour which has been wet with a little cold water, and the juice of 2 lemons. Pour it around the fish after it is placed on the platter, or serve it in a sauce-boat.

(3) It is also nice fried, proceeding as directed for frying fish, at the beginning of this chapter. (4) It is sometimes potted. See our recipe for potting fish, given at the beginning of this chapter.

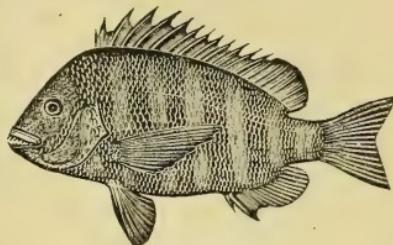
The shad is found only in the northern hemisphere. The American shad is best. They attain a length of 2 to 3 feet, and weight of 4 to 8 lbs.

SHEEPSHEAD.

This fish is excellent boiled. Proceed as previously directed for boiling fish. (2) It is probably best steamed. Take a medium sized fish, dress, clean, rub with a little salt, wrap it in a cloth and then steam. Time to steam, about 1 hour. Then garnish with parsley and slices of lemon, and serve with drawn butter or other good fish

sauce. (3) It is excellent broiled. Split it in two lengthwise, remove the head and backbone, rub on butter or salad oil, and broil over a clear fire. When done spread on butter, add salt and pepper, and squeeze on lemon juice, and serve. (4) It is also nice stuffed and baked as directed previously for baking fish, at the beginning of this chapter.

The sheepshead is found in the warmer waters of the Atlantic, south of Cape Cod. It sometimes exceeds 2 feet in length, and weighs 14 or 15 lbs., but its average weight is 5 or 6 lbs. Its flesh is very delicate and has been likened to the English turbot, and is one of the best of our food fish.



THE SHEEPSHEAD.

SMELETS.

Smelts, small trout, and all small pan fish are better dressed with scissors than with a knife.

BAKED SMELETS.—This delicious little fish is of a fine silvery appearance, with a light fawn-colored shade on the back, and when fresh, has an odor resembling cucumbers. Wash and dry them with a cloth; arrange them in a buttered flat baking dish; cover them with a layer of fine, fresh bread crumbs, first sprinkling the fish with a little salt and white pepper; place bits of butter over the bread crumbs and bake until a nice brown, say 20 or 30 minutes. Send to the table in the dish in which they were baked; squeeze the juice of a lemon over them just before sending to the table.

FRIED SMELETS.—They may be fried in a little butter after the manner of cooking small trout, or in the fat of a slice of salt pork; or they may be strung, 6 on a wire skewer, dipped in egg and then cracker crumbs, and cooked in boiling fat like doughnuts. Sauce tartare is nice with them when fried. So is anchovy, cucumber, or other good sauce.

BROILED.—Clean, split, and broil them nicely in a double wire broiler. Serve sauce tartare with them, or slices of lemon.

The smelt is found in both Europe and America, and belongs to the same family as the trout and salmon. Most of the species inhabit salt water, but some are found in fresh. The flesh is very delicate.

THE SOLE.—The English sole is from 10 to 20 inches long and weighs from 1 to 10 lbs. It is a flat fish like the turbot, and its flesh is much esteemed. In America the name is often applied to the "Hog-choker," "Calico" or "Cover-slip," a fish which is not used for food.

SPRATS.

DRIED SPRATS.—Let them stand for 10 minutes covered with boiling water; then skin, wipe dry, and broil them over a clear fire. Serve them on a warm dish with butter spread over them. Time to broil about 8 minutes

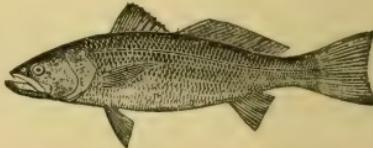
Fresh sprats are also best when broiled; serve with lemon juice squeezed on. They are also sometimes fried.

The sprat is a small herring seldom over 6 inches long. It is often dried or salted.

THE SQUETEAGUE.

This fish is excellent (1) broiled, or (2) fried, or (3) filleted. The larger ones can be (4) boiled or (5) steamed, or (6) stuffed and baked, proceeding as previously directed for cooking fish by those methods, at the beginning of this chapter.

The squeteague is found along the Atlantic Coast from Cape Cod to Florida. It attains a weight from 1 to 8 or 10 lbs. The flesh is soft, delicately flavored and is highly esteemed. It is often called "Weakfish."



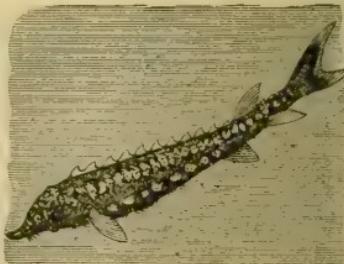
THE SQUETEAGUE OR WEAKFISH.

STURGEON.

The flesh from a medium sized fish will be found more tender and better than that of a very large one. (1) Small ones can be skinned, and then stuffed and baked as previously directed for baking fish. (2) Steaks cut from sturgeon can be broiled, or (3) small cutlets can be cut out and fried, or (4) the flesh can be stewed as previously directed for cooking fish by those methods. (5) The flesh is sometimes allowed to soak in the marinade given at the beginning of this chapter before being broiled.

This fish requires more thorough cooking than almost any other kind. Its flesh is more like meat than that of any other fish.

The sturgeon is found in both Europe and America. It is shark like in form, and has strong fins but no scales. The flesh is a pale red, very wholesome and agreeable, and the flesh of the back tastes like veal, while the flank is more like pork. It is found in the markets from April to September.



STURGEON.

SUCKERS.

These should be dressed, and allowed to lie in salted water for 1

or 2 hours, or with salt sprinkled on over night, to remove the earthy taste. Then they can be either (1) stewed or (2) fried, or (3) broiled, proceeding as previously directed for cooking fish by those methods, at the beginning of this chapter.

Many people have a prejudice against these fish and will not eat them, but if properly cooked they are good, and as a food supply they are too much ignored.

SUNFISH.

These are usually fried in the frying-pan (*sautéed*) in salt pork fat. They can also be (2) filleted or (3) broiled. Serve with lemon juice squeezed on. Proceed as directed at the beginning of this chapter for cooking fish by those methods.

SWORDFISH.

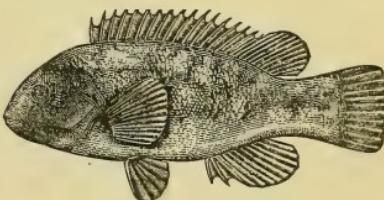
The flesh of this fish is usually cut into steaks, and either (1) broiled or (2) boiled; it can also be (3) stewed or (4) steamed, proceeding as previously directed for cooking fish by those methods, at the beginning of this chapter.

The swordfish ranges from the Atlantic to the Mediterranean. It is from 10 to 15 feet long, and a rapid swimmer. The flesh is rather coarse and oily, but the flavor is good.

THE TAUTOG.

This fish can be either (1) broiled, or (2) fried, or (3) filleted, or (4) boiled or (5) stewed, as directed for cooking fish by those methods at the beginning of this chapter.

The tautog is found along the Atlantic coast of the U. S. It appears from April to November. Its average weight is about 2 lbs., but it sometimes weighs 10 to 15 lbs. The flesh is white, dry and delicate in flavor, and is much esteemed.



THE TAUTOG.

THE THORNBACK is a fish very abundant along some parts of the English coast and highly esteemed for food. It is not found in the United States.

THE TUNNY is a large fish belonging to the same family as the mackerel, and the "horse mackerel" is nearly allied to it. It is found in the Mediterranean and Black seas as well as in the Atlantic, and although esteemed for food in Europe it is seldom or never eaten in America.

BROOK TROUT.

In dressing trout the head, tail and fins should not be removed, but cut the fish open and scrape out the insides.

The sportsman's way of cooking perfectly fresh trout is to dress them, rub table salt inside, and fry in the frying-pan in smoking hot

salt pork fat. (2) As the fish comes to the city market it is best to broil it nicely over a declining fire. Season it with salt, pepper, a little lemon juice and butter, and serve on hot plates. (3) Those weighing 1 lb. or more can be stuffed and baked as previously directed for baking fish. Time to bake 20 to 30 minutes. This method is not common, but the fish are good thus prepared. (4) When many are received and there is danger that some may spoil they can be boiled in water seasoned with lemon juice, whole peppers, mace and salt, and then they can be served at luncheon, or prepared as previously directed for any cold fish, at the beginning of this chapter.

Trout au Bleu.—Take some freshly caught trout; clean and wipe them; put them in a sauce-pan, and pour over them a pint of boiling vinegar, which immediately turns them blue; then add a pint of water to cover the fish; add 4 bay leaves, salt and pepper, an onion stuck with cloves, the peel of a lemon, half a head of celery, a carrot, and a small bunch of parsley; cover and boil $\frac{1}{4}$ hour. Serve with fish sauce, or oil and vinegar.

The trout is found in most northern countries and is a fresh water fish. It is very voraceous and agil, and 20 species are known in America. It is a delicious food fish. In the south the name is sometimes erroneously applied to black bass, etc.

TURBOT.

In choosing turbot the medium sized are best, and those with yellowish-white rather than bluish-white flesh. Soak the fish in salted water 1 hour to facilitate removing the slime, or, if in a hurry, rub with salt and wash in several waters. The fins are not removed as the gelatinous parts about them are esteemed a delicacy, but they may be trimmed. Red spots on the white side can be removed by rubbing them with salt and lemon juice. The skin becomes gelatinous when cooked, and is highly esteemed, but is rather indigestible. Unlike most fish it is better if kept for a day or two. If boiled, a gash through the skin down the back will keep the skin on the belly from cracking when it begins to swell in cooking.

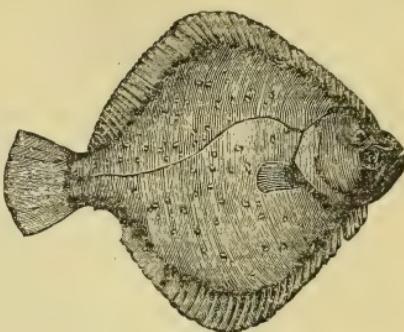
It is often boiled. Dress and prepare it as above and then boil as previously directed for boiling fish. Time to boil 15 to 20 minutes for small fish, and 20 to 30 for larger ones. Then garnish and serve with a good fish sauce. It can also be (2) stuffed and baked, or (3) fried, or (4) filleted, proceeding as directed for cooking fish by those methods.

Cold remnants of the fish are nice prepared by any of the recipes given previously for cooking cold fish, at the beginning of this chapter.

FRIED TURBOT.—Cut some remnants of boiled turbot into neat pieces, steep them in a marinade of lemon juice, oil, pepper and salt, for 1 or 2 hours, then dip them in batter and fry them a golden brown in plenty of hot fat.

The turbot is found on the northern Atlantic coast of the U. S. It is a flat fish like the flounder and halibut, having the upper side dark and the underside light. It attains a weight of 2 to 20 lbs. The flesh is highly esteemed for food.

THE TENCH is a fish belonging to the same family as the carp. It is found in Europe and Asia, but not in the U. S. It is highly esteemed for food.



TURBOT.

WHITEFISH.

This fish is splendid broiled. Cut it in two lengthwise, take out the backbone, cut each half in two, rub on butter or salad oil, and broil nicely over a moderate fire. Time about 10 minutes. Serve on a hot dish with butter spread on, salt and pepper added, and lemon juice squeezed over. Garnish to taste. It is also nice (2) boiled, or (3) filleted, proceeding as directed for cooking fish by those methods at the beginning of this chapter.

Cold Remnants can be prepared by any of the recipes given for utilized cold fish, given at the beginning of this chapter.

The whitefish belongs to the same family as the salmon and trout. It is found in the northern parts of America. It sometimes attains a weight of 10 lbs. and a length of 2 feet or more. The flesh is a bluish white, turning pure white when boiled. It is one of the best of the summer fishes.

WHITING.

This fish is excellent fried in a frying-pan with salt pork fat or butter. It can also be (2) broiled or (3) filleted as directed for cooking fish by those methods at the beginning of this chapter.

The whiting is found along the southern Atlantic coast of the U. S. Its flesh is sweet and hard, but soon loses its delicate flavor.

WEAKFISH.

Same as squeteague, which see.

WHITEBAIT.

The whitebait is the name given in England to young herring not over 6 inches long. They are usually rolled in flour and fried in deep, smoking hot fat. They are considered very choice. They appear after April and during the summer months.

SHELL-FISH.

UNDER the head of shell-fish we include oysters, clams, crabs, lobsters, shrimps, prawns, mussels, crayfish, scallops, and terrapin or turtle.

Of the shell-fish, oysters are the most valuable, not only for their flavor, but for the ease with which they can be taken by invalids, and for the nutritious qualities they possess. Lobsters and clams are more difficult of digestion, but are much liked by many persons. Lobsters and clams should be perfectly fresh, as many cases of illness have been caused by eating them after decomposition has begun. All shell-fish should be kept near ice both before and after being cooked, if there is a remainder after the meals, except in cold and freezing weather.

CLAMS.

Clams are good during the months when oysters are not in season—those without an “r,” May to August. If only eaten when fresh, they are wholesome.

CLAMS AU GRATIN.—Chop all the hard part of uncooked clams; to a cup of clams add a cup of fine cracker or bread crumbs, reserving a little for the top of the mixture before it is placed in the oven; add also to the chopped clams a dessertspoon of chopped onion, a small teaspoon of marjoram and sage, a little chopped celery, some cayenne and salt; moisten all with the broth of the clams; fill buttered shells with the mixture, sprinkle crumbs over the top, with some bits of butter, and place in a hot oven for 20 minutes; garnish with parsley when served.

CLAM CHOWDER.—Take 1 quart of clams and chop them fine; 6 large fresh crackers, 1 onion, sliced, 6 potatoes, cut in dice. In an iron pot fry 2 slices of salt pork; take it out soon, leaving the fat in the pot; put in 2 or 3 slices of onion, then a layer of potatoes, then a layer of the chopped clams, sprinkle well with salt and pepper; then a layer of the onion, then the bits of fried pork, cut into small pieces; add a layer of broken crackers; put in the remainder in the same way; then add the clam liquor, and enough water to more than cover them. Cook 20 minutes, or until the potatoes are done; add 2 cups hot milk just before serving. Sufficient for 8 persons.

ESCALLOPED CLAMS.—Scald the clams, remove the hard part and chop the rest. Make a soup of the liquor, with enough water added to make it fresh enough; thicken it and make sufficiently rich with butter. Butter a scalloped dish, strew the bottom with bread or cracker crumbs, moisten them with the soup, then spread a layer of clams seasoned with pepper, and continue alternately till the dish is full, the last layer being crumbs moistened with soup. Bake $\frac{1}{2}$ hour, and serve at once.

ROAST CLAMS.—Scrub the shells, wash well, drain, and put them in a dripping-pan. Set them in a hot oven and as soon as the shells open serve them on the half shell, or in the whole shell, with salt, pepper, and slices of lemon. Serve toasted brown bread with them. Time to roast about 10 or 12 minutes.

STEWED CLAMS.—Take 2 cups milk, add 1 teaspoon butter and a little white pepper and bring to a boil. Then add the clams, freshly opened, bring them to a boil, let simmer 4 or 5 minutes and serve. They will be tough and indigestible if boiled long.

CLAMS ON TOAST.—Take the clams out of the shell and cut their heads off; boil them in their own liquor; skim it well, and add as much water or milk as there is liquor; thicken with flour or powdered rice to the consistency of cream; add butter, and pepper and salt to taste. Have some thin slices of buttered toast prepared, pour on enough of the liquor to soften the toast and lay 3 or 4 clams on each slice. Serve at once, on hot plates. Garnish with parsley. A teacup of hot water will "start the steam" for $\frac{1}{2}$ peck of clams; the amount of liquor which each shell contains will surprise the novice. As few like the liquor full strength, it is better to dilute it one-half as above directed.

CRABS.

A crab of the medium size is the best, and the crab, like the lobster, should be judged by its weight. It should be heavy for its size, for if light, it is watery. They are called "soft shell crabs" when the new shell is forming, as they shed their shell annually. They are a similar shell-fish to lobster, and are prepared in the same ways for the table.

BOILED HARD SHELL CRABS.—Put them into slightly salted boiling water, and boil 12 to 15 minutes. Drain, season with pepper and salt, and with catsup or lemon juice.

BROWNED CRABS.—Take the great shell, clean and butter it; mince all the fish, shred some parsley, mushrooms, truffles, and a

small onion. Brown these in a sauce-pan with a very little butter; put in the minced crab with the inside bruised, and some cayenne pepper and salt; stir this about, shake in some flour, and add a little coral. Let this simmer up, fill up the shell, strew over crumbs of bread with a small piece of butter; brown in a hot oven.

DEVILED CRABS.—Boil the crabs, take out the meat and chop it fine; then add $\frac{1}{2}$ as much bread crumbs, cream or a cream sauce, salt, pepper, cayenne, mustard and lemon juice. Clean the shells, fill them with the mixture, dust them with cracker crumbs, and bake them brown in a quick oven. Deviled crabs should always be seasoned highly.

ESCALLOPED CRABS.—Take the meat of boiled crabs, chop it fine; add cream or cream sauce, chopped hard-boiled egg, pepper and salt to season, and a little lemon juice. Clean the shells, put in the mixture, dust on bread crumbs, and bake brown in a quick oven.

FRIED SOFT SHELL CRABS.—Remove the sand bags, etc., wash and dry them; sprinkle on pepper and salt, roll them in flour, then in egg, then in bread or cracker crumbs, and fry in hot fat.

KROMESKIES OF CRABS.—Boil for 40 minutes, 1 or more crabs; when cool, pick them out in as large pieces as possible. Mash fine the hard-boiled yolks of 4 eggs, add them to the crabs, with 1 tablespoon of chopped parsley, 1 whole egg well beaten, and a palatable seasoning of salt and cayenne. Mix carefully, and form into tiny rolls; wrap each in a very thin slice of bacon, dip it in fritter batter, and fry in smoking hot fat. Serve on a napkin; garnish with cress.

The flesh belonging to the claws of the crab is far less likely to disagree with the stomach than the soft part contained within the shell. Crabs are difficult of digestion, and so not suitable for invalids or dyspeptics.



CRAB.

CRAY-FISH, PRAWNS AND SHRIMPS.

These are much like lobsters, only smaller, and they are to be found in provision stores in hermetically sealed cans, already cooked, and the meats picked from the shells. They are used whole and boiled for garnishing boiled fowls and all kinds of boiled fish. They are boiled in the same manner as lobsters, but for a much shorter time, from 5 to 15 minutes being the rule. After boiling, they may be broken in pieces, shells and all together, and form a foundation for a delicious soup, with any additions preferred.

These shell-fish make ornamental side dishes, served whole and garnished with parsley and nasturtiums.

BUTTERED SHRIMPS OR PRAWNS.—Pick 1 pint of shrimps or prawns, and put them in a stew-pan with $\frac{3}{4}$ pint of bouillon; add a thickening of butter and flour; season to taste with salt, cayenne and nutmeg, and simmer gently for 3 minutes. Serve on a dish garnished with fried bread or toasted sippets. Cream sauce may be substituted for the gravy.

CURRIED CRAY-FISH, PRAWNS AND SHRIMPS.—For a can of these shell-fish, melt a small cup of butter in a pan; add a saltspoon of curry-powder, a sour apple chopped finely, the juice of a lemon, and $\frac{1}{2}$ pint of hot water; a small onion may be added if liked. When all the ingredients are well scalded together, add a tablespoon of corn-starch wet with a little water, and stir until it thickens; add the can of shell-fish to the curry sauce. Let it get quite hot—do not boil—then serve.

POTTED CRAY-FISH, PRAWNS OR SHRIMPS.—Pick the meat from 50 cray-fish and pound it to a paste in a mortar; season with salt, pepper, a little nutmeg, and a piece of butter the size of an egg. The butter must be slightly softened, but not melted, and the ingredients should be thoroughly mixed. Put it in small earthen pots, pack tightly, and cover with salad oil; then cover in such a way as to entirely exclude the air. The earthen pot can be had of apothecaries, with the covers; the potted cray-fish should be kept in a cool, dry, dark place.

Prawns and shrimps may be potted in the same manner.

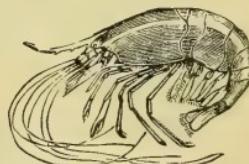
Shrimps and prawns, although not easy of digestion nor adapted to a weak stomach, are less likely to disagree than crabs or lobsters.

LOBSTERS.

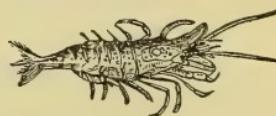
The largest lobsters are not as good as those of a medium size, and those full of eggs are inferior. Lobsters should be put in cold water to boil, for they are dead as soon as the water becomes warm, and suffer less than when plunged into boiling water; they are done



CRAY-FISH.



PRAWN.



SHRIMP.

when they have boiled about 20 minutes. Lobsters are not poisonous if perfectly fresh; there is no poison "lady" in the lobster. The stomach near the head is, of course, taken out, and also the "string" or intestine which goes through the lobster; all the rest is edible. The green tomally or liver can be eaten, and do not waste the sweet meat between the bones of the body. Lobsters that were alive when put into the water to boil, will have the tail curled up, while one that was dead will have the tail extended. Long or slow cooking will toughen lobsters and make them indigestible. Brushing the large shells on the outside with olive oil, is thought to preserve the bright red color. Cayenne pepper, mustard, vinegar or lemon juice, should be eaten with lobsters; they are digested with difficulty.

To kill a lobster quickly and easily, cut the spinal cord by pushing a long, narrow-bladed knife into the tail, slanting the blade downward, and inserting it at the third joint, counting from the end.

Lobster Coral can be kept a long time if put in a jar or bottle and covered with vinegar. To use, soak about an hour in water, and then in milk for the same time; wipe dry, and use like fresh coral. During the season it is well to preserve surplus coral in this way, for coloring soups, etc.

LOBSTERS AU GRATIN.—Split the tail and body of the lobster, removing the fish and taking care not to break the shells; mince the fish, and put all into a stew-pan with a little good stock, and pepper and salt; mix it well, fill the shells with the mixture, cover them well with bread crumbs, brush over with clarified butter, and brown it in a hot oven.

BROILED LOBSTER.—After being boiled, a lobster may be broiled as follows: Take the claws off and crack them, split the body and tail in two, season well with pepper, salt, and cayenne, and broil. Serve with plain butter, or with a little heated catsup, dashed with Worcestershire sauce.

BUTTERED LOBSTER.—A buttered lobster should be first boiled and broken up. Take out all the meat, cut it small and put it in a stew-pan with plenty of butter, a little pepper, salt, and vinegar, and stir till it is hot. If a handsome dish of 2 or 3 lobsters be desired, the tails should be halved and broiled, and put round the dish with the minced lobster in the middle.

LOBSTER CANAPÉS—For this, there must be the meat of a medium sized lobster, cut in small pieces, and mingled with the green fat; pour over it a very little salad oil and vinegar, just enough

to moisten it well, and let it stand 10 or 15 minutes. Cut thin slices of bread for the croutons, trim off the crust to make them square, or cut them with fancy-shaped cutters, and fry them a delicate brown, on a griddle well buttered; spread the croutons on a platter garnished with parsley; on the croutons spread the lobster, and on the lobster may be placed thin slices of lemon, or sprinkle them well with capers.

LOBSTER CREAMED.—Chop finely a medium-sized lobster and pour over it a pint of cream; put in a cup of bread crumbs, and 3 eggs well beaten, with a little salt and pepper; butter a mold, fill in the mixture, invert a plate over the top, and steam for an hour. Serve with any nice fish sauce.

LOBSTER CURRY.—Put $\frac{1}{2}$ cup of butter in a frying-pan, and when melted, stir into it 2 tablespoons of flour and 1 heaping salt-spoon of curry powder; stir constantly until it is brown; then gradually add $\frac{1}{2}$ pint of hot water, stirring rapidly until it thickens; season with salt to taste. Chop coarsely the meat and fat of a medium-sized lobster, and add it to the curry sauce; simmer 5 or 6 minutes, or until it is quite hot; if onion is liked, rub the hot platter with a raw onion; place on the platter slices of nicely-toasted bread, and pour the curried lobster over the toast. Serve hot.

DEVILED LOBSTER.—Cut lobster fine, and season it highly with salt, cayenne, mustard, chopped parsley, onion juice, if desired, and some pungent sauce, like Worcestershire; place the mixture in the lobster shell, sprinkle bread crumbs over the top, with bits of butter, and bake till brown on top. Eat hot or cold.

LOBSTER PATTIES.—Chop a medium-sized lobster very finely, and mix with it the juice of a lemon, a little salt, and white pepper, and salad oil enough to moisten it, if not moist enough; line patty-pans with puff paste and put into each a small piece of bread; put on a top crust of paste, brush over with beaten egg, and bake; when done, take off the top crust, remove the bread, fill the patties with minced lobster (after stirring it over the fire with the seasoning for 2 or 3 minutes); then replace the top crusts.

STEWED LOBSTER.—Cut the lobster small and put it in a stew-pan, and add just a little water, milk or cream, the latter being best, although the first will answer; let it boil up, add a teaspoon of butter, and pepper and salt to season, and serve hot, either on toast or plain.

The flesh found in the claws of the lobster is more delicate and digestible than that found in the tail, but all lobster meat is difficult of digestion and not suited to invalids or dyspeptics.

MUSSELS.

These cheap and excellent shell-fish are sometimes called the poor man's oyster. They are sometimes eaten raw, but it is better to cook them. They can be fried, broiled, stewed, or pickled, being usually prepared for the market by pickling. The "moss," or byssus, which serves to attach them to rocks, etc., is usually removed, being considered poisonous, although there is no proof of that. Still, it is better to remove it after being boiled and before serving them.

BOILED MUSSELS.—Clean the shells and put them in a kettle with water slightly salted and containing a little vinegar; heat until the shells open, and they will be done. Remove them from the shells, trim off the "moss," strain the liquor, add a little flour, the yolks of 1 or 2 eggs, pour over the mussels and serve at once. Chopped parsley may be added if desired.

The mussel more often exerts a deleterious effect than any other shell-fish. It often has a poisonous effect, the reason for which is not clearly understood.

OYSTERS.

Oysters are only good during the months containing an "r" (that is, from September to April) as their multiplying season is during the warm weather, and at that time they are soft and tasteless. They are not easily kept in warm weather, being a fish that quickly spoils. Canned oysters can be used in hot weather if liked, for they are only canned in their season. In cooking oysters, great care should be taken that they may not be cooked too long, as that process hardens them. They are easily digested and are commonly given to invalids, although cooking renders them a little less digestible; if too much cooked, they are tough and leathery. Always buy the "solid" oysters, or those containing very little juice, as they are sometimes watered and it is more economical to water them yourself. The smallest oysters are used for stews and scallops, and are sold by measure, as are the "straits," that is, the large and small mixed. The largest oysters are usually sold by the dozen for broiling and frying; they are called "counts," and "selects."

Never salt oysters until just before serving, as cooking them with salt hardens them. They should be served at once after being cooked. Be sure that all bits of shell are removed before cooking. Do not open them until just before using if wanted raw; if to be cooked, do not keep them long after being opened. As the crabs are usually regarded as a delicacy, save any which are found among the

oysters. As oysters in cooking produce liquor enough of their own, there is less need of saving their liquor.

BROILED OYSTERS.—Take as many large oysters as are needed, dry them in a towel, rub butter on the bars of a wire grid-iron, brush a little over the oysters, and broil over a clear fire. If the wires of the gridiron are close together, smaller ones can be broiled. Arrange them on toast, season and serve. Or they can be dipped in melted butter, then rolled in crumbs which are seasoned with pepper and salt, and broiled until the juice flows; this saves the juice more and many people prefer it.

CREAMED OYSTERS.—Cook 3 tablespoons of flour and 2 tablespoons of butter together until they bubble; add 1 cup of milk and 1 cup of oyster liquor, and stir until you have a thick sauce; into this drop 1 quart of oysters freed from their liquor. Have ready an egg beaten light in a cup, mix some of the hot sauce with it, turn all back into the saucepan, stir 1 minute (not longer) and take from the fire. Season with salt, pepper and the juice of half a lemon. Serve on toast, or put the creamed oysters into buttered scallop-shells; sprinkle with crumbs, dot with butter, and brown in a quick oven. Eat hot.

DEVILED OYSTERS.—Drain the oysters and dry in a clean towel; then put them in a dish, and cover with a mixture of melted butter and vinegar or lemon juice, adding a little pepper sauce or cayenne pepper if desired; let them soak 5 or 10 minutes and take them out; dip them in fine cracker crumbs, then in beaten egg, and again in crumbs, and fry in smoking hot fat.

ESCALLOPED OYSTERS.—Roll 1 quart of crackers fine with the rolling pin. Grease the baking dish as you would before baking a cake in it. Put a layer of cracker crumbs in the dish; drain the liquor from the oysters and add twice the quantity of milk to it; moisten the crumbs with some of this, then put in a layer of oysters with a seasoning of salt, pepper and bits of butter. Put in the layers of crumbs alternately with the oysters in this way until all are in, with a layer of crumbs and bits of butter on top. Beat 1 egg and add to it the remainder of the milk and oyster liquor, or if none remains, add a little milk to the egg and pour it over all. Put a cover over it and bake $\frac{1}{2}$ hour; then remove the cover and bake $\frac{1}{2}$ hour longer.

FRIED OYSTERS.—Take large sized oysters, parboil slightly, drain, sprinkle with pepper and salt and cool 20 minutes. Then roll each one separately in bread crumbs, then in beaten eggs and

milk mixed, then again season, and again roll in bread crumbs. Put into smoking hot fat and fry 1 minute; take out, lay on paper to absorb surplus grease, garnish and serve.

They can also be fried in the frying-pan. Prepare as above, roll in cracker crumbs only, and fry on each side until brown, using butter for the fat.

FRICASSEE OF OYSTERS.—Put about 75 oysters on the fire in their liquor and an equal quantity of chicken broth; add the juice of 1 lemon, and when all comes to a boil, remove from the fire; in another stew-pan put a tablespoon of butter, $1\frac{1}{2}$ tablespoons of flour; stir them together carefully so as not to color; add, slowly, the liquor and oysters from the other stew-pan, then the beaten yolks of 4 eggs, 1 saltspoon of white pepper and salt mixed, 1 tablespoon of chopped parsley; let the mixture become thoroughly hot, but do not boil; serve as soon as possible.

OYSTER FRITTERS.—Have ready a batter made as follows: Dissolve 1 heaping tablespoon of butter in 4 tablespoons of water or oyster liquor, and stir to this $1\frac{1}{2}$ tablespoons of sifted flour; mix well over the fire. Take it off and mix in, one after the other, 3 eggs, and a little salt. Beard and scald the oysters, dip each into the batter, fry lightly in smoking hot fat, and serve.

OYSTERS ON THE HALF SHELL.—Do not open them until just before they are served, and then leave each one in half the shell. Allow about $\frac{1}{2}$ doz. large oysters for each guest. Put them on a dinner plate, and in the center of the dish put 1 or 2 slices of lemon cut thin.

OYSTERS AND MACARONI.—Take some macaroni, boil until soft, put a layer into a baking dish, then put in a layer of oysters; season with salt, pepper and butter, and so on with alternate layers of macaroni and oysters, until the dish is full. Then bake till brown, and serve.

OYSTER OMELET.—Beat the yolks and whites of 6 eggs separately; to the yolks add $\frac{1}{2}$ cup of rich milk or thin cream, a little salt, and 12 oysters, chopped fine. Put butter in your frying-pan, as for an ordinary omelet, and allow it to heat while you are mixing the whites of the eggs with the rest of the ingredients. Mix the whole lightly and turn into the pan. Shake to prevent burning, and as soon as the omelet is set, or begins to be firm, turn one half over the other half quickly, slip on to a hot platter and serve at once. Good, but not as economical as many dishes.

PANNED OYSTERS.—Remove the crust from thin slices of stale bread, toast it, cut it in pieces, and fit them into muffin or patty-pans; moisten with oyster liquor; put oysters on the toast, sprinkle with pepper, and put a bit of butter on each one; cover with a dripping-pan, or any convenient cover to prevent the escape of steam, and cook in a quick oven; they will be done when the oysters curl (in 6 or 8 minutes). Then sprinkle with salt, and serve hot.

OYSTER PATTIES.—Make a rich puff paste and bake it in earthen sauce-dishes. Wash nice fresh oysters in warm, salted water; drain and put in a sauce-pan, with a piece of butter, a little salt, pepper, and nutmeg, if liked. Cook them only until they are plump, stirring with a silver fork while plumping; when cold, fill the crusts and send to the table. If liked hot, the crusts can be filled, before baking, with the plumped oysters, and sent from the oven to the table.

OYSTER PIE.—Line a deep pie-dish with puff paste; dredge with flour; pour in 1 pint of oysters, season with butter, salt, pepper, and sprinkle a little flour over the oysters; pour on some oyster liquor and cover with a crust, with a hole in the top for steam to escape. Bake 30 minutes.

PICKLED OYSTERS.—Put 100 oysters in a sauce-pan, and let them simmer gently in their own liquor for about 10 minutes; take them out one by one, put in jars, and when cold, cover with a pickle made as follows: Measure the oyster liquor and add to it the same amount of vinegar, and for each cup of vinegar, add 1 blade of pounded mace, 12 cloves, and a strip of lemon peel; boil 5 minutes, and when cold, pour it over the oysters and cover closely.

PIGS IN BLANKETS.—Choose large oysters, season with pepper and salt; wrap each one in a slice of bacon cut very thin, and fasten with a wooden toothpick. Cook in a hot frying-pan just long enough to crisp the bacon. Have small pieces of toast ready, put each "pig" on one, without removing the skewer; serve at once.

RAW OYSTERS.—In cold weather these are much better to lie a short time in warm salted water; this takes the chill from the juice of the oyster, and they are more agreeable than when very cold, as they will be in winter. They may be eaten with just salt, pepper, and vinegar, but some persons like them served with one of the appetizing sauces. Nice bread and butter sandwiches are good with raw oysters.

At large dinners where raw oysters are served, they are some-

times brought to each individual place before the company is seated. It is a pleasant and homelike way for the host to serve them from a platter before him, on small dessert-plates. Drain the oysters well, arrange them on a platter, sprinkle with salt and pepper and slice lemon over them. Thin slices of buttered brown bread may be served with the oysters. Let them stand in the ice chest $\frac{1}{2}$ hour before serving.

STEAMED OYSTERS.—Drain them, lay on a plate and set in the steamer, and steam for about 10 minutes till they look white and plump. Use the liquid for a dressing; beat it, mix with an equal quantity of cream, and thicken it with a little corn-starch.

OYSTER STEW.—Put the liquor from 1 pint of oysters with 1 cup of sweet milk in a kettle; let it just boil, add the oysters and let it boil up once; then season with pepper, salt, and butter, with a few crackers toasted and broken in pieces. Never salt oysters until just before removing from the fire, or they will shrivel and harden.

SMOTHERED OYSTERS.—Put a piece of butter the size of an egg into a sauce-pan, with a little salt, white pepper and cayenne. Have ready a pint of oysters, which have been washed in warm water slightly salted, and thoroughly drained and dried on a napkin; when the butter is hot, put in the oysters and cook them until they are plump (2 or 3 minutes); stir them carefully all the time with a silver fork to prevent them from sticking to the sauce-pan. Serve on toasted crackers.

OYSTER TOAST.—Chop fine 1 $\frac{1}{4}$ dozen good large oysters, and season with pepper, salt, and a dash of nutmeg. Beat together $\frac{1}{2}$ cup of cream and yolks of 2 eggs; heat the oysters till they simmer, stir in the egg and cream, and pour it on prepared slices of buttered toast.

OYSTERS UNSHELLED.—Take oysters in the shell; wash and scrub the shell till perfectly clean; then, to keep in the juice, set them with the round shell down. Either steam them in the steamer 10 to 20 minutes, or roast them over hot coals on a gridiron, or put them in the dripping-pan on top of the stove, or in the hot oven. They will be done when the shells open. Then take off the flat top shell, and season each one with a little butter, salt, pepper, and lemon juice. Serve hot. This method retains the natural flavor of the oyster better than any other.

Oysters are wholesome and nutritious, but are more digestible when raw than when cooked, as cooking usually hardens and toughens them.

SCALLOPS.

This fish somewhat resembles the oyster in appearance and the crab in taste. It is comparatively little known, although when fresh and well cooked it is very delicious. It is found in all parts of the world, and in ancient times the shells were used extensively in cookery, giving us our prefix of "scalloped." They are in season in fall and winter. The muscle by which it opens and closes its shell is the only part eaten. They can be stewed like oysters, or fry them, which is a better way.



THE SCALLOP.

FRIED SCALLOPS.—Rinse them in cold water slightly salted, and dry in a napkin; dip them in cracker dust seasoned with pepper and salt, then in egg, then in crumbs again, and fry in hot fat. They are sometimes dredged with flour and fried in a frying-pan with pork fat, and some people prefer them that way.

TERRAPIN OR TURTLE.

To dress terrapin, cut off the head and bleed thoroughly, then soak in cold water for an hour. Next boil 10 or 15 minutes, take it out into cold water and with a coarse cloth rub off all the black skin. Have another water heating in the kettle, and when the turtle is cleaned, boil until the shell loosens; the time will vary from $\frac{1}{2}$ hour to 2 hours, according to the age of the terrapin. When done, put in cold water again, take off the under shell and carefully take out the gall-sack and the liver and sand bag, and throw away the head.

Be careful not to break the gall-sack, or the gall will escape and spoil the whole dish. Save the juice that runs from the meat, opening it over a bowl for that purpose. The eggs and meat are served in various ways. If made into a soup or stew, the eggs are put in and served with it; if served in other ways, the eggs are used with other decorations, as a garnish. In whatever way served, the meat must be cut finely.

ESCALLOPED TERRAPIN.—Put a cup of butter in a sauce-pan, melt, and stir in 2 tablespoons of flour; then pour on a pint of hot water, stirring rapidly, to make a smooth gravy; pound the terrapin eggs to a paste and add with salt, pepper, and a trifle of nutmeg to taste; then strain. For a quart of finely cut terrapin, have a quart of bread crumbs made fine; put a layer of terrapin on the bottom of a pudding dish, then a layer of crumbs, then of sauce, and so fill the dish, having a layer of crumbs on the top. Add sweet milk enough

to show through the top layer of crumbs if it is not sufficiently moist; put on a few bits of butter, and bake 20 minutes in a hot oven. Serve with slices of lemon.

TERRAPIN STEW.—Make a sauce as for scalloped terrapin; put in the meat, cut finely, and let it get hot, but do not let it boil longer than a minute. Add lemon juice to the stew if liked. Serve with croutons or toasted crackers.

SAUCES FOR FISH, SHELL-FISH AND MEATS.

IT is of much importance that the cook should know how to make a good sauce for her meats, etc. A great deal of the elegance of cooking depends upon having the accompaniments of each dish appropriate and well adapted to it. The most homely fare may be made relishing, and the most excellent improved, by a well made sauce. It may safely be asserted that a first rate sauce maker is also a good cook. Sauces are necessary in the most modest kitchen, and they are as easily made rightly as wrongly, if one only knows how, so that this branch of the art of cookery deserves very careful attention. A busy and economical house-wife will sometimes say she has no time or money for sauces, when as a matter of fact she cannot afford to do without them, for, by using flavorings is the best way to induce the system to take plain food with relish; and when we say this, we are not unmindful of the old saying that "hunger is the best sauce." Animals certainly would hardly be considered over particular, and yet they have been known to starve in the experimenter's hand rather than eat a nutritious food from which the flavor had been extracted and of which they had become tired. We are convinced that poor people especially are too much inclined to neglect the very important matter of flavorings and relishes for their food.

The Utensils.—To make sauces successfully, proper utensils should be provided. The most essential are wooden spoons and round bottomed sauce-pans. It is very difficult to prevent lumps in a sauce if it has to be made with a pointed spoon and a flat bottomed pan. All utensils must, of course, be scrupulously clean. Sauces are best cooked in a double boiler to guard against scorching them in the least, which should be carefully avoided.

Herbs, etc.—Do not be appalled at the number of ingredients, like thyme, mace, parsley, etc., called for in a recipe. A few cents will buy enough of all these things to last for a year, and the good cook aims to keep a small supply of all flavoring herbs on hand; but if you do not have them all, very good results may be produced with less.

Thickening.—The most common thickening for sauce is *flour*. The quantity generally used is one ounce, or a heaping tablespoon, to

a pint of liquid; though 2 or 3 times that is needed to make a sauce thick enough to adhere to what it is poured over. *Corn-starch* or *arrow-root* is often used instead of flour, and makes a smooth and more delicate sauce. All sauces containing flour or *any other form of starch* for thickening, must *boil*, and must be stirred until it boils, or the starch will settle to the bottom and make lumps, instead of thickening the whole. Although the starch swells, and thickens the liquid even before the boiling point is reached, even in this pulverized form the starch needs to cook ten minutes at least, *to be made digestible*; it should be remembered that *all* starch needs at least 10 to 20 minutes cooking.

There is some difference in the quality of flour and it does not thicken the same at one time as another. Dry flour must never be mixed with hot liquid unless it is intended to form lumps; but it must first be stirred to a smooth paste with cold liquid, and then the hot poured over it, or it must be mixed with a little melted fat over the fire when hot, or cold liquid can be gradually added. As a general rule, the following is the best way to mix all flour sauces: Melt the fat, stir in the flour, and when they are well mixed, and there are no lumps, add liquid gradually, on or off the fire, stirring continuously till all boils. Sometimes the flour is cooked in the fat until it takes a brown color, more or less dark. Sauces thus made have a fine flavor, and are smooth and free from grease.

All the different kinds of brown sauces are made by using brown stock, browning the butter, and using various seasoning materials. As flour, when cooked into brown roux does not thicken quite as much as when uncooked, rather more is needed.

Eggs are also used to thicken sauces, sometimes the yolk only, sometimes both yolk and white, and both with and without the addition of flour. They must be well stirred and never allowed to heat to boiling, as the yolk then hardens, and will not mix with the sauce; but they must be heated enough to slightly coagulate the albumen, or the sauce does not thicken. To pour boiling water very gradually over the eggs in a basin is often sufficient. The safest way to cook an egg sauce is in a basin or pitcher standing in a pan of boiling water, or in a *bain marie* made on purpose; but an ordinary saucepan can be used if care is exercised. On the least appearance of "curdling," the sauce should be lifted from the fire, poured into a cold basin, and stirred.

Coloring for Sauces.—It may be said that sauces should as a rule be of some decided color. In order to get these decided colors, artificial coloring matter is often used. Brown is the most common

and the most harmless, for it is produced by roasted flour, sugar or vegetables, which add to the flavor as well as appearance, if not carried to the point of burning. Onion skins contain much coloring of a harmless kind. Home-made brown roux is to be preferred to that which is bought, and is much cheaper. Milk, cream, or white stock are used in white sauces. Lobster spawn gives a brilliant scarlet. Spinach green is always harmless, and is the only green suitable for kitchen use, as many greens contain arsenic. Other harmless colors are given in our article on frosting for cakes.

Good fresh butter only should be used for first rate sauces. Inferior or rancid butter should never be used; it is not as good as fresh beef dripping or fat. Where economy is studied, it is better to use less butter and have that good, than to buy a large quantity of cheap cooking butter.

Meat should always be sufficiently fat to "cook itself," that is it should furnish enough oil for the gravy—if it does not, it is poor meat. Good salad oil is much used in salads, and dishes made of dry cooked meats, as the gravy is mostly served with the hot meat at dinner.

Serve hot.—Gravies and sauces should be sent to the table very hot. Being made in small quantities, they are more liable to cool quickly than if they were in a larger body. If made before the moment of serving, they should be kept in a sauce-pan of boiling water; a fish kettle makes a good improvised *bain marie*.

Roux (pronounced *Roo*).—**Brown Roux**, for thickening gravies and sauces, is made by melting butter in a stew-pan and adding an equal quantity of flour. Stir constantly while it is browning, so that it will not burn; when of a nice yellowish brown, put it in jars, cover tightly, and keep it in a dry dark place. It is then ready to use at any time by taking 1 or 2 heaping spoonfuls, according to the quantity of soup, and stirring it in while the soup is boiling, and it will instantly thicken. This is the Brown Roux used by foreign cooks.

The White Roux is made in the same manner, but only cooked together for a few minutes without browning. Many prefer the bits of butter rolled in flour, and used as occasion requires; then there is no danger of rancidity or waste, as there might be if a quantity of roux was prepared and it was not needed for use, as expected.

CONDIMENTS.—These are used to give a relish to food and gratify the taste. The principal condiments are salt, vinegar, oil, butter, herbs, spices, ginger, pepper and mustard. Some of these, like mustard, are food and condiment combined. When taken in moderation they are conducive to health, but used to excess, they are highly injurious.

It is difficult to draw a very distinct line between spices and condiments, but

spices are generally added to articles of food containing sugar, while condiments are eaten with meat, and generally with any foods which contain common salt. Cloves and allspice are, however, eaten with meat, and cinnamon, nutmeg and mace with sweet foods. Spices can be used in moderation, but if used in excess, they irritate the mucous membrane and are harmful, often causing dyspepsia.

SAUCES

ASPIC JELLY.—Take a tablespoon of good extract of meat add 2 quarts of water, a small onion cut finely, or a bit of garlic, a pinch of celery-seed, a sprig of thyme, a carrot cut finely, with the rind of a lemon, and a few drops of tarragon vinegar. Let all boil slowly together until the vegetables are soft. Have 2 large tablespoons of gelatine soaking in cold water enough to cover, and add when the vegetables are done. Stir in the softened gelatine until it is dissolved, and add the juice of the lemon, with the whites of 2 eggs slightly beaten; now let come to a boil, then set back on the range for 15 minutes. Strain through a jelly-bag until clear, pour into a mould and place on ice. Aspic jelly is used as a garnish for various meat dishes. A plain lemon jelly made with gelatine, answers every purpose for decorations, instead of this elaborate jelly.

BORDEAUX SAUCE.

2 quarts of cider vinegar.	1 teaspoon ground ginger.
2 quarts finely chopped green tomatoes.	1 teaspoon ground cloves.
2 quarts finely chopped cabbage.	1 heaping teaspoon of salt.
1 ounce of turmeric.	1 teaspoon of ground mustard.
1 teaspoon celery seed.	1 teaspoon of ground black pepper.
	1 heaping teaspoon of sugar.

Mix all together and cook until soft, stirring often to prevent sticking to the sauce-pan. Cork tightly in wide mouthed bottles, and keep in a dry, cool place. A good meat sauce.

CLOVES are the dried flower buds of the clove tree, an evergreen tree belonging to the myrtle order. Our supplies come principally from Zanzibar and the West Indies. They contain a considerable quantity of a pungent oil which is aromatic and stimulant.

BREAD SAUCE.—Dry white bread or rolls thoroughly in the oven, but do not brown them; then roll on the moulding board, put it in the fine colander, and sift through the finer crumbs. Put the fine crumbs in a sauce-pan, and for each cup, add 2 cups stock or water, a slice of onion, with pepper and salt; simmer 20 minutes. In the meantime put a piece of butter the size of an egg in the small



THE CLOVE.

frying-pan, and when melted add the coarser crumbs of bread; stir continually until they are a nice golden brown. Take the onion from the sauce, add the browned bread crumbs, and serve in a sauce-boat. This sauce can be made with fresh sweet milk instead of stock, and is served with game.

ANCHOVY SAUCE.—Take 1 cup of drawn butter sauce, and add 1 tablespoon of anchovy paste or extract.

BECHAMEL OR WHITE SAUCE.—Put $\frac{1}{2}$ a cup of butter in a sauce-pan and let it soften; mix with it 2 tablespoons of flour, then add 1 pint of milk; set the sauce-pan in a larger one containing hot water, stir constantly until it thickens, and let it scald; rub out the lumps, and season with pepper and salt. This can be used as a foundation for many other sauces. A few bits of celery, sprigs of parsley and a little nutmeg can be added, with a sliced onion, if desired, for flavor; scald 15 minutes, strain through cloth to remove onion, etc., and send to the table. It is often made with $\frac{1}{2}$ milk and $\frac{1}{2}$ stock.

BROWN SAUCE.—Fry 1 tablespoon of chopped onion in 1 tablespoon of butter; let this brown, but not burn, and then add 1 heaping tablespoon of flour; stir thoroughly and then add (a little at a time) 1 cup of hot stock, stirring rapidly until it is smooth and thick. Season to taste with pepper and salt, let it simmer 5 minutes; remove the onion by straining the sauce. Leave out the onion if its flavor is not liked. Color with caramel. This will serve as the foundation for many sauces by using various flavoring materials.

DRAWN BUTTER SAUCE.—Put 2 tablespoons of butter into a sauce-pan and melt it, but do not let it turn brown; then add 1 tablespoon of flour and mix well; then add (a little at a time) 1 cup of hot water, or white stock if you have it, stirring it thoroughly. When smooth, add 1 large tablespoon of butter, cut in pieces, and stir it in thoroughly. Add pepper and salt to season, and strain it if not perfectly smooth. This can be used as the foundation for many other sauces. A few drops of lemon juice or vinegar can be added by those who want it acid, and a little finely cut parsley can be added also if desired.

Maitre d' Hotel Butter.—Melt a teacup of butter in a sauce-pan; stir into it a tablespoon of corn-starch, then a pint of hot water; stir well so that it will be smooth. Add the strained juice of a lemon, a saltspoon of cayenne; salt to taste and add 2 large spoons of chopped parsley. It is served with meat or boiled fish.

Butter, Montpelier.—Pick the leaves from water cress, which must be green and fresh, chop them finely, dry them in a cloth and

mince again; then thoroughly mix them with fresh butter until it is of a bright green, seasoning with the pepper, or cayenne and salt. This is used as an appetizer, for spreading croutons, or to make a garnish for savory dishes.

Horseradish Butter.—Thoroughly mix equal parts of horseradish and butter, pass through a sieve and it is ready for use.

Garlic or Tarragon Butter can be prepared the same way, regulating the flavor by the proportion of butter used to the other ingredients.

Nut Butters.—Peanuts, hazel nuts, filberts or other nuts can be pounded, mixed with butter, and then passed through a sieve. The strength can be regulated by the proportions used. They are delicious and easily made.

Scented Butter.—Butter can be worked in a bowl with a few drops of the essence of any scent desired, then passed through a sieve, and it is ready for use.

CAPER SAUCE.—Melt a cup of butter in a sauce-pan, stir in 2 tablespoons of flour, then add a pint of hot water, stirring rapidly while it boils and thickens; add a little salt if needed, a trifle of white pepper, and about a gill of pickled capers. Caper sauce is served with boiled fish, boiled mutton and lamb.

Mock Capers.—Pick full grown seeds of nasturtiums, but which have not turned yellow, leaving 2 inches of the stem attached; wash them, put in a glass jar, add vinegar enough to cover, and in 7 or 8 days they can be used.

Capers are the unopened buds of a low, trailing shrub growing in Asia and Africa, and they are now cultivated in Europe. They are pickled in vinegar and salt before being imported, and are used to flavor sauces and vinegars. They have a pleasant pungent taste, and possess both stimulant and laxative properties. They are sometimes colored green by the use of copper vessels, producing a poisonous adulteration. This can be detected by inserting a polished piece of steel or iron, and if copper is present it will coat the metal in a short time, the same as described for pickles. The hysop of Scripture is a variety of caper.



THE CAPER.

CAULIFLOWER SAUCE.—Make a drawn butter sauce with part cream, and to it add boiled cauliflower, cut into small dice. Nice for fried or boiled fowls.

CELERY SAUCE.—Take 6 sticks of celery and cut the white part into pieces $\frac{1}{2}$ inch long; cook them in salted water for 20 minutes, pour off the water and cover them with 1 pint of milk; boil until the celery is tender—about 15 minutes; add an even tablespoon of flour and a piece of butter the size of an egg; rub the flour

smooth with a little cold milk; season with salt and cayenne to taste. Boil 2 minutes to thicken.

CHESTNUT SAUCE.—Take 2 cups shelled chestnuts, and blanch them by putting them for 3 minutes into boiling water and then taking off the skin; Cook till soft in salted water, and then mash very fine. Put 2 tablespoons of butter and 1 tablespoon of flour into a saucepan, and cook till brown; add it to the chestnuts, stir it in well, cook 3 minutes, and season to taste with pepper and salt. Make a gravy of the drippings of the poultry, stir in the chestnuts, and serve. Good for roast turkey.

CHUTNEE SAUCE.

1 cup granulated sugar.	1 clove of garlic.
2 cups vinegar.	$\frac{1}{2}$ teaspoon mustard.
$\frac{1}{2}$ tablespoon ground ginger.	$\frac{1}{2}$ large onion.
15 sour apples.	$\frac{1}{2}$ teacup raisins, seeded and chopped.

Peel, core and slice the apples, and stew soft in just enough vinegar to cover them; then mash finely. Chop the onions and garlic finely and add, with the sugar, raisins, salt, ginger and mustard; scald all together and set away till next day; then add the vinegar, cold, and mix all together thoroughly. Bottle and cork tightly, and keep in a cool, dark place. Good for meat or fish.

CURRENT SAUCE.

1 cup of soup-stock.	1 mustard-spoon of cloves
1 teaspoon of salt.	and black pepper.
1 tumbler of currant jelly.	Juice and rind of 1 lemon.

Put a piece of butter the size of an egg in a sauce-pan with the above ingredients, and let them come to the boiling point; then add 1 tablespoon of corn-starch wet with a little water: stir until it thickens, then send to the table. Good with game and poultry.

CREAM SAUCE.—Heat 2 tablespoons of butter in a sauce-pan, and stir in 2 tablespoons of flour; add a little salt and a little white pepper, then add gradually a pint of hot cream. Scald the cream by putting it in a pitcher; set the pitcher in a tin dish or kettle of hot water, and set on the hot stove. Cream sauce is good to serve with an omelet, or any kind of boiled fish.

CUCUMBER SAUCE.—Peel and chop finely 2 or 3 cucumbers (they must be so young that the seeds are small); chop one small onion and add to the cucumbers. Season with salt, pepper, cayenne and vinegar; this is better liked by some people than the navy sauce.

CRANBERRY SAUCE.—To serve with roasted turkey: A pint of cranberries, $\frac{1}{2}$ teacup of sugar, and $\frac{1}{2}$ teacup of water is about the right proportion. Stew the cranberries in the water until they are tender; then add the sugar.

CURRY SAUCE.—Slice thin 1 carrot, 2 onions, 1 head of celery and stew in 2 tablespoons of butter, until tender; put in a pinch of mace, a teaspoon of curry powder and 1 of thyme leaves; add 1 pint of water and a bay-leaf; let it come to the boiling point; thicken with a tablespoon of flour, strain and serve.

EGG SAUCE.—Take three hard-boiled eggs, chop fine, and add to 1 cup of drawn butter sauce. Good for fish.

FENNEL SAUCE.—Mix 1 tablespoon of flour and 1 cup water to a smooth batter; put into a sauce-pan, add 2 tablespoons of butter, season with salt, and keep stirring one way until all are melted; add 1 tablespoon of fennel, chopped fine and free from dirt; simmer for 1 or 2 minutes, and serve. Excellent for oily fish like salmon or mackerel.

FENNEL is generally grown in gardens, and its elegant leaves are used to ornament and garnish various dishes and they are sometimes used to flavor soups and sauces.



THE FENNEL.

FISH SAUCE.

1 saltspoon of cayenne.	2 tablespoons of walnut catsup.
1 qt. best cider vinegar.	1 teaspoon of salt.
1 bruised garlic.	

Mix all together. Put in large bottles, after standing a week, stirring every day; cork tightly. Use with any fish.

HOLLANDAISE SAUCE.—Rub $\frac{1}{2}$ cup of butter to a cream, add the yolks of 2 eggs (one at a time) and beat well. Stir in the juice of half a lemon, 1 saltspoon of salt, and a pinch of cayenne pepper. When ready to serve, add $\frac{1}{2}$ cup of boiling water; place the bowl in a pan of boiling water, or on the top of the tea-kettle, and scald until as thick as custard, stirring all the time. This sauce is served with fish or meat.

HORSERADISH SAUCE.—Thoroughly mix 4 tablespoons of grated horseradish with 1 teaspoon of pounded sugar, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper and 2 teaspoons made mustard; moisten it with sufficient vinegar to give it the consistency of cream; 3 or 4

tablespoons of cream added will improve its appearance and flavor. To heat it to serve with hot roast beef, put in a *bain marie*, or put it in a cup or jar and place it in a pan of boiling water; make it hot, but do not allow it to boil, or it will curdle. This is a great improvement on the old-fashioned way of serving cold, scraped horseradish with hot roast beef. Of course with cold meat the sauce should be served cold.

Horseradish Sauce, No. 2.—Cook in a double boiler for 15 minutes, $\frac{1}{2}$ cup cracker crumbs, $\frac{1}{2}$ cup grated horseradish, and 2 cups milk; add 1 large tablespoon of butter, and salt and pepper to taste. Use freshly grated horseradish and rolled cracker crumbs. This is very appetizing.

No. 3.—Take 2 cups horseradish grated fine, 1 hard-boiled egg pulverized; add sweet cream, and a little butter; salt and vinegar to taste.

Horseradish is a native of Europe and grows readily in damp ground. It should never be preserved by drying, because of the great volatility of its oil, but the root should be kept moist by burying it in the sand. Its volatile oil evaporates so rapidly that even when scraped for the table it almost immediately spoils by exposure to the air. It stimulates the appetite and aids digestion, but is most unwholesome when taken on an empty stomach.



HORSERADISH.

LEMON SAUCE.—For a boiled fowl take the chicken liver boiled and mashed fine; add the juice and pulp of one lemon (without the seeds) and add it to 1 cup of drawn butter sauce.

LOBSTER SAUCE.—Take the meat from the tail and claws of a boiled lobster, chop it into dice $\frac{1}{4}$ inch in size. Add it to a drawn butter sauce, and season with cayenne pepper, salt and lemon juice. Adding a teaspoon of lobster butter will make it a bright red. Good for any fish.

MANDRAM SAUCE.—Take cucumbers, pare them, and chop in small pieces; take half the quantity of young onions and cut them fine; add the juice of a lemon and a dessert-spoon of vinegar. This is very good with any roast meat.

MATELOTE SAUCE.—Peel and cut finely 2 large or 4 small onions, and fry them in a little butter until they are a rich brown, but do not burn them; then add about half a teacup of butter. When it is all melted, stir in a tablespoon of flour, and when it is well browned in the butter, add half a pint of cold water; stir well and let come to a boil. Season with ground white pepper, a little nutmeg, a saltspoon of sugar, and salt to taste; rub all through the fine colander and return to the sauce-pan to keep hot until wanted. Good with meats.

MISS MAITLAND'S MAYONNAISE.—Take the raw yolks of 2 eggs, $\frac{1}{2}$ teaspoon of salt, a pinch of cayenne, a pinch of white pepper, a mustard-spoon of made mustard, $\frac{1}{2}$ teaspoon of lemon juice, $\frac{1}{2}$ pint of olive oil. After all is thoroughly blended, add 2 tablespoons of tarragon vinegar. Good with fish.

MILK SAUCE (Plain).—Melt $\frac{1}{2}$ cup of butter in a sauce-pan; stir in 2 tablespoons of flour; then pour in and stir rapidly 1 pint of scalded milk; season with salt and white pepper.

MINT SAUCE.—Take 2 tablespoons sugar, $\frac{1}{4}$ cup of finely cut mint, $\frac{1}{2}$ cup vinegar; mix and let stand 1 or 2 hours before serving, to well season the vinegar with the mint. Use the leaves and tender tips only; wash them in slightly salted water; then shake off the water, gather tightly in the hand, and cut finely with the scissors.

MINT.—There are many varieties of mint, and the species are distributed nearly all over the world. The green mint or *spear-mint* is the variety commonly used in cookery, the leaves being used in sauces and salads, and to counteract the flatulent properties of some young vegetables. Spearmint is highly esteemed as an antispasmodic and stomachic. *Peppermint* is another variety, possessing the same properties, but is much stronger. The oil which is extracted from it is a carminative and stimulant, and is used for flavoring lozenges, etc.



MINT.

MUSHROOM SAUCE.—Put a piece of butter the size of an egg in a sauce-pan with 1 heaping tablespoon of sifted flour. Soften the butter and mix thoroughly with the flour; then add 1 pint of hot stock, broth, or hot water; boil up, and add 4 teaspoons of mushroom catsup, and the juice of 1 lemon; beat an egg thoroughly and stir into the sauce; remove immediately from the fire to prevent curdling. This sauce is served with poultry and game.

MUSTARD SAUCE.—To 1 cup of drawn butter sauce, add a little cayenne pepper and three teaspoons of prepared mustard.

Prepared Mustard.—Take 2 heaping tablespoons of ground mustard and add 1 teaspoon of sugar and $\frac{1}{2}$ teaspoon of salt; wet it with good vinegar and stir it to a smooth paste; then add more vinegar and cook it until it thickens like paste, adding more vinegar until of the consistency required.

No. 2.—Put 3 large tablespoons of ground mustard into a bowl, and pour on enough warm water to make a stiff paste; rub smooth, add $\frac{1}{2}$ cup vinegar, a pinch of salt, and the beaten yolks of 2 eggs; set the mixture in boiling water, and stir constantly until it thickens; then add butter the size of an egg, and continue the stirring until it is dissolved. Splendid.

French Mustard.—Use 4 tablespoons of the best English mustard, 2 teaspoons of salad oil, 2 teaspoons of white sugar, 2 teaspoons of salt, 1 teaspoon of white pepper, 1 small garlic minced very fine, and tarragon vinegar to mix to a smooth paste. Put the mustard into a bowl and add the oil, rubbing it in with a wooden spoon until it is all absorbed. Wet with the vinegar until you have a stiff paste; add the salt, pepper, garlic and sugar, and work all together thoroughly, wetting little by little with the vinegar until you can beat it as you do cake batter. Beat 5 minutes very hard; put into wide mouthed bottles—empty French mustard bottles are the thing, if you happen to have them—pour a little oil on the top, cork tightly and set away in a cool place. It will be well mixed and ready for use in 2 days.

French Mustard, No. 2.—Take 2 tablespoons mustard, pour on it just enough boiling hot water to make a paste; then add a teaspoon of salt, and 1 of sugar, and add a few drops of salad oil if you have it, a little butter, then a tablespoon of vinegar.

German Mustard.—Take 8 tablespoons of mustard, 4 tablespoons white sugar, 4 tablespoons salt, 1 saltspoon of cayenne pepper, 4 tablespoons of butter, and juice of 1 large raw onion; mix all well together, and moisten with a little vinegar.

The flour of mustard in common use is ground from the seed of black mustard (*sinapis nigra*). It possesses an agreeable pungency, and is the best stimulant employed to impart strength to the digestive organs. In its present form it has only been in use about 150 years, although it was used long before in a coarsely powdered state. Mixed with hot water, it is a strong emetic. In moderate quantities, both mustard and red pepper are useful with indigestible foods, like lobster, etc., as they are stimulant and aid in the digestion. Mustard is best mixed with cold water, as hot water impairs its essential properties. It is well to prepare it in small quantities, as it is better when freshly made.

NAVY SAUCE.—Chop finely 2 or 3 large onions, and season highly with salt, pepper and vinegar. This is fine for those who like raw onions, and is served with oysters raw or cooked.

NUT SAUCE.—This is made by pounding to a paste, in a mortar, the meats of any kind of wild nuts (hazel nuts, hickory nuts, butter-nuts, etc.) and mixing the paste with an equal amount of nice butter. It is served with game, or poultry.

OLIVE SAUCE.—Extract the salt from 1 doz. olives by soaking them $\frac{1}{2}$ hour in warm water; then pare them close to the stone, round and round, as you would an apple, to remove the stone. Then put the olive into $\frac{1}{2}$ pint brown sauce, simmer 10 to 15 minutes and serve. Good with roast duck or other game.



MUSTARD.

ONION SAUCE.—Take 3 good sized onions, boil them till soft, pulp through a sieve, and mix it into 1 cup white sauce. Good with mutton or lamb chop.

OYSTER SAUCE.—Blanch small oysters, drain and dry in a towel, and add them to drawn butter sauce; put in a very little lemon juice or tarragon vinegar, let it come to the boiling point and serve. It goes with fish, boiled turkey or chicken.

PARSLEY SAUCE.—Take 2 tablespoons of chopped parsley, and add it to 1 cup of hot drawn butter sauce. Color with spinach green if you have it, as that will improve the appearance.

PICKLE SAUCE.—Take 2 or 3 tablespoons of finely chopped cucumber pickles, and add them to a drawn butter sauce.

SAUCE PIQUANTE.—Add 1 tablespoon each of chopped cucumber pickles, capers and vinegar, to one cup of brown sauce.

POTATO SAUCE.—Grate 3 or 4 large potatoes, wash out the starch, and dry a little in a napkin; chop a small onion and mix with the raw potato. Season highly with salt, cayenne and vinegar. Good with raw or cooked oysters.

PEPPER SAUCE.—Break in pieces 6 pods of red pepper, 3 dozen black pepper-corns broken in a mortar, 2 tablespoons of white sugar, and 1 quart best vinegar. Scald the vinegar in which the sugar has been dissolved, pour it over the peppers, put in a jar, and steep a fortnight; strain and bottle. This is served with raw oysters, or fish, and is a fine addition to various salads.

RAISIN SAUCE.—Cut in two and remove the seeds from 1 lb. of large choice raisins; put over the fire in a pint of hot water and stew slowly until tender; then add 1 pint of granulated sugar, $\frac{1}{2}$ pint of good vinegar, a pinch of salt, and a teaspoon of mixed ground cinnamon and cloves. Boil all together 10 minutes, and cork well in wide mouthed bottles. An excellent sauce for any cold meats.

SAUCE ROBERT.—Cut finely 3 large onions, and fry in a piece of butter as large as an egg; caramel a tablespoon of sugar and add it to $\frac{1}{2}$ pint of water, and 2 tablespoons of good cider or wine vinegar; add salt, ground white pepper, a saltspoon of dry mustard, and a pinch of pulverized sage. Boil well together and add a teaspoon of corn-starch dissolved in a little water. This is good with most kinds of meat, game, or fish.

SHRIMP SAUCE.—Take $\frac{2}{3}$ of a cup of chopped, picked, boiled shrimps, and add it to 1 cup drawn butter sauce; let it merely sim-

mer, without boiling, and add a pinch of cayenne, and a few drops of lemon juice the last thing.

SAUCE SUPREME.—Chop 3 mushrooms finely, add 1 tablespoon of butter and the juice of half a lemon; mix it into 2 cups bechamel sauce, let all simmer 10 minutes, rub through a strainer, and it is ready for use.

TARTAR SAUCE.—Take 2 tablespoons each of Worcestershire sauce and vinegar, 1 tablespoon of lemon juice and 2 saltspoons of salt; put them into a bowl and set in a pan of hot water to heat. Put $\frac{1}{2}$ cup of butter in a saucepan, brown it, strain, and add to the other ingredients. Serve it hot with boiled fish.

SAUCE TARTARE.—Put the yolks of 4 eggs into a saucepan, and add $\frac{1}{2}$ teaspoon salt and 1 teaspoon mustard; then add alternately 1 teaspoon each of olive oil and tarragon vinegar (adding them very gradually) until it is of the right consistency. Then add 2 chopped shallots, or instead 2 tablespoons chopped pickled onions and gherkins. This sauce is often too acid. It goes well with fried oysters or fish, or with boiled tongue or codfish.

TOMATO SAUCE.—To 6 tomatoes add 2 cloves, pepper, salt and a sprig of parsley; stew 30 minutes, and strain through a sieve into a saucepan put butter the size of an egg, set over the fire, and when it bubbles well, add 1 large tablespoon flour; when well cooked (keeping it stirred and mixed well) add the strained tomato; stir until smooth, and serve. This can also be made with canned tomatoes.

SAUCE VELOUTÉ.—Heat in melted butter, 1 pound of veal, cut finely, and any bits of fowl you may have, together with 12 good-sized mushrooms; do not let them brown; then put them into a saucepan with two carrots and onions cut finely, a large tablespoon of flour, salt, pepper, a little mixed spice and as much veal gravy as will cover them. Let it boil up, skim off the fat, and let it simmer for an hour and a half; strain, and keep it covered for use.

WORCESTERSHIRE SAUCE.

1 oz. of cayenne.	1 grated nutmeg.
6 anchovies (mashed).	1 oz. of salt.
2 qts. vinegar.	6 cloves of garlic (minced).
1 oz. black pepper.	1 oz. cloves (pulverized).

Mix all together and let it stand in a jug for 2 weeks; then strain and bottle for use. It must be tightly corked and kept in a dry, cool place.

WORCESTERSHIRE SAUCE, No. 2.

3 teaspoons cayenne.	1 mustard-spoon powdered cloves.
3 anchovies, chopped fine.	3 onions, chopped fine.
3 teaspoons walnut catsup.	1 qt. good cider or wine vinegar.

Put all together in a stone jar and set in a kettle of water to become scalding hot; then let it stand in the jar, closely covered, 2 days; bottle after straining, and cork tightly.

WALNUT SAUCE.—A half peck of walnuts young enough to crush easily—they can be rolled on a board or crushed in a mortar. Add 2 quarts of vinegar and a gill of salt. Stir and mash together for a week; then boil in a porcelain kettle, adding a heaping teaspoon of ground black pepper, the same of cloves, 1 grated nutmeg, 1 teaspoon of cayenne pepper, and 1 teaspoon of ground ginger. Boil all to a paste; if too thick to run from a bottle, add more vinegar to thin it. Keep corked tightly in a dark closet. Some cooks do not mash while cooking, but strain off the juice to bottle. Good with meats.

CURRY POWDER. (*Kitchener's.*)

3 oz. coriander seed.	1 oz. mustard, ground.
1 oz. cayenne.	$\frac{1}{2}$ oz. fenugreek seed.
1 oz. allspice.	2 oz. cassia buds.
3 oz. turmeric.	1 oz. ground ginger.

Pulverize all together; bottle tight, and keep in a dark closet. Good for meats.

CURRY POWDER. (*White's.*)

$\frac{1}{2}$ lb. turmeric.	2 oz. ground ginger.
4 oz. black pepper.	$\frac{1}{2}$ oz. cardamon seed.
$\frac{1}{2}$ oz. caraway seed.	8 oz. coriander seed.
4 oz. cumin seed.	2 oz. cayenne.

Pulverize and bottle as above.

HERB POWDER FOR FLAVORING.—Dry in a moderate oven very carefully 2 oz. each of thyme, winter savory, parsley, sweet marjoram and lemon peel; then pound the lemon peel in a mortar separately with $\frac{1}{2}$ oz. celery seed; then pound the herbs, mix all, pass through a fine sieve, and keep closely corked in a bottle. To use, add to each 2 pints of soup 1 teaspoon of the powder.

THE MARJORAM is a plant of which there are several varieties. The sweet or knotted marjoram is the one usually preferred in cookery. It is a native of Greece. It is rather tender, and requires a light, dry soil, but if taken in doors and kept in a warm, sheltered place, free from wet, it may be kept through the winter. The leaves have an agreeable aromatic flavor, and are used in soups, stuffings, etc. Medicinally it is a stimulant tonic, and useful for nervousness.



MARJORAM.

RAGOUT POWDER.—Take 1 oz. of lemon peel, dried and grated, 1 oz. each of black pepper and mustard, $\frac{1}{4}$ oz. each of nutmeg, ginger, mace and cloves, all ground fine; 1 saltspoon cayenne pepper, and 4 tablespoons of salt. Thoroughly mix the ingredients together, pass through a fine sieve, and keep in closely corked bottle. Ragout or sauce is much improved by adding a teaspoon of the powder.

SASSAFRAS POWDER.—Select sassafras leaves which are very young and tender, and dry them in a cool, airy place, spread out on white paper; then pound in a mortar till fine, pass through a hair sieve; bottle and cork tightly. They are used in gumbo and other soups, and in sauces.

FLAVORED VINEGARS.—These are a great addition to many dishes, like fish, sauces, salads, meats, etc. Keep them well corked, in a dry, cool place.

Cayenne Vinegar.—Put into a glass bottle 2 cups vinegar and 1 tablespoon of cayenne pepper, let stand 4 weeks, strain and bottle for use. It is useful for gargling sore throats, as well as for seasoning soups and sauces; but very little is needed at a time.

Celery Vinegar.—Put into a jar 2 pints celery, chopped fine; bring to a boil and pour on hot, 2 pints good cider vinegar, and 1 tablespoon each of sugar and salt; let it cool, cover and let it stand a fortnight; strain and bottle.

Chili Vinegar.—Cut finely 1 quart of chili peppers, or any kind of ripe red peppers. Add a quart of vinegar and a tablespoon of salt; let it stand for a week, stirring daily; then strain and bottle for use.

Cucumber Vinegar.—Pare, slice, and put into a stone jar, 10 large or 12 small cucumbers; add 2 onions sliced, 1 tablespoon of salt, 2 tablespoons of pepper, $\frac{1}{2}$ teaspoon cayenne and 1 quart vinegar; let it stand 1 week, boil it up once, and when cold, strain through muslin, bottle and seal. Excellent for gravies, hashes, salads and cold meats.

Elder-flower Vinegar.—Into 1 quart of good strong vinegar put 1 pint elder flowers free from the stalks; let stand 2 weeks in the sun or in a warm place; strain through flannel, and put up in quite small bottles. It can also be made by infusing the leaves, either fresh or dried, in the same way, the fresh being the best. The vinegar is used both in cookery and in perfumery.

Garlic Vinegar.—Into 1 quart of cold boiled vinegar put 2 oz. of finely chopped garlic; let stand 2 weeks, strain, and bottle for use.

Shallot vinegar can be made the same way.

Cress vinegar can be made by bruising in a mortar $\frac{1}{2}$ oz. cress seed, and letting it stand 2 weeks in 1 quart of cold, boiled vinegar.

Horseradish Vinegar.—Put into a bottle 1 quart vinegar, $\frac{1}{4}$ lb. scraped horseradish, a pinch of cayenne and 1 teaspoon sugar; let stand two weeks, shaking daily; then strain and bottle. An excellent relish for cold beef, etc.

Lemon Vinegar.—Put the vinegar in a glass bottle and add lemon peel; the rind of 1 lemon will flavor a pint of vinegar; let it stand 2 weeks, then strain and bottle.

Orange Vinegar can be made the same way.

Mint Vinegar.—Pick nice fresh mint from the stalks, fill a bottle or jar loosely with them, and then fill it full with vinegar; cover closely to exclude the air, and let stand 3 weeks; then strain, put into small bottles, and cork tightly. Excellent for roast meats, cold meats, soups, etc.

Parsley vinegar can be prepared the same way, the principle being merely to let the herb soak in the vinegar until its flavor is extracted.

Onion Vinegar.—Mince 6 large onions and add a tablespoon of salt, letting them stand for 5 or 6 hours. Take 1 quart of vinegar, and 1 tablespoon of sugar and pour over the onions; put in a jar, tie down the cover and let steep for a fortnight; then strain and bottle. This gives an onion flavor to meat sauces and gravies, when liked, without the trouble of cooking onions for each dinner.

Tarragon Vinegar.—Take a handful of tarragon leaves just before the plant begins to bloom, and cover them with the best cider or wine vinegar (a quart is as much as would be needed for a year in a small family); let the leaves steep in the vinegar for a week, turning them every day; then strain, and bottle tightly. This is good in sauces for boiled fish or poultry.

THE TARRAGON is a hardy plant which grows in light, dryish soil. It is a native of Siberia, and belongs to the order *Compositae*. It has smooth leaves, of a bright green color, which are agreeable to the taste, and are used principally for making the tarragon vinegar.

Other Flavored Vinegars.—*Black Pepper* Vinegar, *Caper* Vinegar, *Capsicum* Vinegar, *Ginger* Vinegar, *Red Rose* Vinegar, *Curry* Vinegar, *Truffle* Vinegar, *White Pepper* Vinegar, and several others can be made by steeping about 1 oz. of the article in 1 pint of good vinegar for 2 weeks, to extract its flavor; then strain and bottle. *Celery Seed* vinegar is made the same way, but first crush the seeds. Using a little more of any article increases the strength.



TARRAGON.

MEATS.

THE PROCESSES AND PRINCIPLES OF COOKING.

"To be a good cook means the economy of our great-grandmothers, and the science of the modern chemist."—*Ruskin*.

BEFORE taking up the subject of cooking meats, etc., it may be of both interest and profit to our readers to explain some of the fundamental principles which underlie the processes of cookery. It is a lamentable fact that of the great multitude of people who daily prepare food for human consumption, very many have no idea of the principles involved. And yet these principles are quite simple, and can be easily comprehended, and if they were well understood, immense amounts of food might be saved which are now spoiled in the cooking and thus rendered both unpalatable and indigestible.

BROILING OR GRILLING.—To broil successfully put meat on a broiler or gridiron, put it over the fire, and heat it *suddenly* to crust the outside and keep in the juices. Fibres of meat are surrounded by water holding in solution albumen and certain soluble salts which are of the highest value as food. Albumen is soluble in cold water, it begins to coagulate at 145° , sets into a jelly at 160° and becomes a tough opaque mass at 212° . When suddenly heated this albumen near the surface coagulates and forms a thin film or crust which will hold in the other nutritive juices. The crust should, if possible, be formed all over the surface of the meat, and not on one side alone. Do not stick a fork or *anything else* into meat to see if it is done, as that will form holes and let out the juice.

If the article is dipped in melted fat before putting it on the gridiron, it will help set the surface albumen quickly. If it is very lean, or there is but little fat, it is well to draw it through a little melted butter or oil on a plate. For *fish*, it would be well to always do this, and the fish (not meat) may be sprinkled with salt and pepper before being dipped in the oil. Fish is also floured to prevent its sticking to the gridiron.

When the meat is browned all over, and ceases to feel spongy, it is done. A little experience will show just the right time to stop the broiling; then allow it to rest for 1 minute on a very hot plate, and serve. Do *not* put any salt on the meat while it is cooking; the

seasoning should be put on the meat after it is put on the hot platter. Remember, therefore, that the rules for broiling are always the same, viz.: a hot fire at *first* with a hot gridiron well greased; frequent turning; no holes made to see if the meat is done and so let out the juices. Also remember, that the smaller the article, the hotter the fire necessary, and that for larger ones a more moderate fire is needed, or hold it further away from the fire.

BAKING AND ROASTING.—The first object is to harden the surface albumen, and so imprison the juices of the meat the same as in broiling. To do this, the fire and utensils must be *very hot at first*, and the heat can afterwards be lessened by cooling the oven. The smaller the joint, the higher the temperature to which it should be exposed, while the larger the joint, the smaller the fire, lest it should be burnt outside before it is cooked enough inside; but it should be hot at *first* and cooler afterwards. If the oven is only *warm* at first, the surface albumen will not be coagulated, the juices will escape, and the damage cannot afterwards be repaired. In a perfectly roasted joint the outside albumen should be thoroughly hardened, but inside, the heat should only reach the stage which swells and softens the fibrin. If cooked more than this, the fibre becomes tough and separates into bundles which resist the teeth and digestive organs.

Basting.—It is *very* important that the meat should be frequently basted—say every 10 to 20 minutes—and do it quickly, so as not to keep the oven door open longer than necessary. The drippings from the meat are the best thing with which to baste it; some cooks add some beef drippings. Owing to the heat of the oven, the outside surface soon becomes dry, and basting the meat covers it over with a thin film of fat which assists in imparting heat, while it checks the evaporation of the juices. Water is sometimes put in the dripping-pan to baste with, but it should be remembered that the water cannot be heated above 212°, while 280° or more is needed for proper baking; so that water should not be put in the pan at first. Use beef drippings or fat from the meat itself at first, and add a little water later, if it is used. If a frothed surface is desired, flour may be dredged upon it every time it is basted. When you baste it, look at the joint and see if one side is more brown than the other; if so, turn it around; also, it is well very often to turn it over. All game and poultry requires a hot, clear fire, frequent basting, and should be sent to the table direct from roasting. It should not be finished long before it is wanted, and then “kept hot.”

A basin of water in the oven will produce steam which will

check the tendency to scorch and dry the meat. Hot, dry air is thirsty for water and will absorb it eagerly from any moist substance with which it comes in contact, but if the air is kept moist by keeping a pan of water in the oven, the tendency is overcome; water in the dripping-pan does the same thing. This, however, should not be relied on as a substitute for having the oven hot at first and cooler afterwards. Do not put in the water until after the strong heat at first has set the surface albumen of the meat. It is better not to use water with meat which is desired rare, or with small cuts, but only for large roasts which require long, slow cooking.

BOILING.—To properly boil meat is quite an art, and the best method is as follows: Meat to be eaten should be plunged at once into *boiling* water, as that coagulates the albumen on or near the surface and forms a thin film (perhaps not thicker than cotton cloth), and this film holds the juices inside the meat. After this the water should merely *simmer* until the meat is heated through to the center sufficiently to cook it, but not enough to harden the albumen inside. About 160° to 180° is right for the simmering water. Cooked in this way the meat should cook longer, however, than by the old method of rapid boiling, but it will be much more digestible and better.

If there are any exceptions to the above principles for boiling meat, they are in the case of sinewy and tendonous meat when gelatine is abundant, for to make gelatine soft and eatable, long continued boiling is necessary. Thus calf's head and feet, shins of beef, knuckles of veal, cow heel, tripe, etc., are usually best put into cold water first, and boiled longer than other meat.

A good practical method for boiling meat is to put it first into *boiling* water, being sure to have enough water to cover the meat. Of course, putting a large piece of cold meat into the water will at first stop it from boiling, so keep it on the fire a short time (say 10 minutes) with the lid on; then take off the lid and skim it. As soon as the water begins to boil thoroughly again, the surface albumen will be coagulated; then lift the kettle off the fire on to the side of the range, so as to stop the boiling at once. Leave it there a short time—say 15 to 20 minutes—so that the meat may get hot clear through. This will prevent the meat at the finish from being overcooked outside, and blue and uncooked in the middle. Then place it on the fire again and let it *simmer*. The time for simmering should be from 10 to 12 minutes for every pound of meat. All the best experience, however, agrees in this, that a long, slow boiling produces

the best results, so that no exact rule can be given as to the time. An even teaspoon of salt can be put into the water in which the meat simmers; it is enough to season the meat on the outside, and more can be added when it is eaten, and, besides, most of the meat sauces contain a quantity of salt which serves as flavoring.

After meat is put into boiling water, a scum will rise to the surface; this should be skimmed off and thrown away. It is one of the very few things in the processes of cooking which should be thrown away, as it is wasted food. The scum is the albumen which is drawn out of the meat, coagulated by the heat, and rises to the surface. Although the greater part will rise at first, do not fail to skim during the whole process; if any is left, it will attach itself to the meat, and spoil its appearance.

Salt meat should be put in cold water after being washed thoroughly in fresh water or milk; the water should then be slowly brought up to the simmering point. This will draw out the salt. Remember that all salted and dried meats should simmer slowly, as rapid boiling hardens them. All trimmings of meat should be used in the soup-kettle, or simmered in a little water and made into gravy.

In boiling an egg, what we want is to set the white, without making the albumen tough and hard; the best way, therefore, is to always keep the water below the boiling point—nearer that of simmering water. Some people put the egg in cold water and take it off as soon as it boils. Others prefer to put it first into a sauce-pan of boiling water, and then take off the pan and let it cook as the water cools. It is a mistake to boil even a hard boiled egg an instant longer than is enough to set the albumen in the white and yolk.

Recollect that vegetables require *boiling*, and meat only *simmering*; therefore, you can not, as a rule, boil vegetables with meat without spoiling one of them. Vegetables should be put into boiling water *at first*, and *kept* there.

Flour foods, such as macaroni, sago, rice, cornflour and flour puddings, should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling water is often useful here, partly in preventing the grains of rice, etc., from settling to the bottom of the pan.

STEWING.—This is a process often confounded by ill-informed people with boiling a long time, and even moderately good cooks often confound it with “simmering.” A stew, properly so called, is when both meat and juice—that is, all the liquor—are eaten together. Stewing invariably requires a heat much below that of

boiling water; 135° to 160° is about stewing point. Whatever is stewed, parts with much of its goodness to the surrounding liquor, which should not, therefore, be wasted. And yet it is not desirable in stewing to extract *all* the juices from the meat, as is done in making soup or beef-tea; part should be barely coagulated, and thus retained in the meat in as tender a condition as possible. To accomplish this, a *bain-marie* or double boiler is an excellent thing to use. If you have not this, it will be a good idea to extemporize one, by setting one dish inside another, something like a carpenter's glue-pot. A pudding-basin, with a wide projecting rim, may be set into another pan just large enough for it to drop into and rest upon its rim. Put the meat into this basin, pour hot water over it, and pour hot water into the outer basin, forming a "water bath;" then let this outer water boil, but very gently, so as not to make the inside basin jump with its steam. Stew it thus for about double the time usually prescribed, and compare the result with similar materials stewed in the old way. The superiority will be evident. In any event, even if stewed on the old plan, the water should not *boil* nor get near the boiling point: keep the water at 150° to 160° by setting the dish at the side of the stove and letting it quietly stew. Less water is used than in boiling. A common mistake is to put in too much water. The meat needs to be barely covered, and cooks forget that at the moderate heat of stewing there is very little loss by evaporation. It is the cheapest method of cooking that there is. Little heat is required, and therefore little fuel used; nothing is wasted, and whatever goes into the pot comes out. No attention is needed while cooking, and the cheapest and coarsest meat can be used.

This method is peculiarly adapted for all gelatinous meat, such knuckles, heads and feet, and for all tough, fibrous meats, because long-continued, moderate heat, with moisture, is the best way of bringing gelatine and tough fiber into an eatable condition, and it will not only make it eatable but palatable. A tough fowl can in this manner be made presentable, better than by any other. In order to prevent the extraction of *all* the juices from the meat in stewing, the best way is to fry it first; this gives it a good color and moderates the escape of the juices, which is often very desirable. The thoughtless method of putting it in an excess of water and then letting it boil away, produces miserable results.

In stewing, meat and vegetables are often cooked together, but as the principles involved in cooking them are different, and they require different treatment, the best plan is to boil the vegetables first,

and then use them and their liquor for the stew. Some people have a prejudice against a "stew." If so, you can dignify it by giving it a French name, and call it a *ragout*—but be sure you pronounce it *ra-goo'*, not *ra-gowt*.

FRICASSEEING.—This means, literally, "to fry." It is usually applied to a chicken, rabbit or any small animal which is cut up and fried, either before or after stewing, and served in a well flavored sauce.

FRYING.—There are 2 ways of frying known to cooks as (1) wet frying, sometimes called French frying or frying in a kettle of hot fat; and (2) dry frying or cooking in a frying-pan. The best results are undoubtedly obtained by the first method, although it is little used in this country. We will describe the 2 methods:

To fry anything by the first, or French method, is to cook it by immersing it in very hot fat. In fact, just as in boiling we must let the water *cover* what is boiled, so in this method we must let the *fat* cover what is fried. The same fat will do over and over again, so that this method is not as expensive as many people imagine. Food fried in this way comes out quite dry, and without any of the greasy moisture of frying-pan cookery. An iron sauce-pan or small kettle must be used, as the heat of the fat melts the solder of a tin pan. The rules for good frying are: (1) The fat must be sufficiently deep to fully cover the article. (2) The fat must be sufficiently hot, in fact, it should *smoke*. (3) When anything is floured before it is fried, it must not be floured until the last moment before it is plunged into the fat. (4) When anything is fried that has been egged and bread-crumbed, it is best to egg and bread-crumb it some little time before it is fried. (5) Shut the kitchen door and open the window a little to avoid scenting up the house; this is a practical point which should be remembered.

Now a few hints: The exterior of the substance to be fried should be as *dry* as possible; by this means we get a good color, and less bubbling is caused. Fish can be rubbed in flour; vegetables with a cloth; meat should not be washed. Before dropping anything that contains much water into hot fat, lift the kettle off of the stove, as the fat is liable to bubble over and catch fire. Most things that are fried are covered with egg and bread crumbs, flour and milk, or batter, in order that a crust may be formed round them to keep the juice in and the fat out; the essential thing is to cover them completely and leave no crack. It is best to warm the articles a little before putting them in to fry, as, if they are to cold, or if too many are put in together, they will chill the fat, so that it will soak into

them. On taking any fried article out of the fat, lay it to drain on a sieve, bottom up, or on a very hot cloth, or best of all, on a sheet of blotting paper. The hot fat being extremely fluid, will drain off and leave the article free from grease. Never pile up on top of each other articles which are fried. Bread crumbs should be very fine; if coarse, grease will adhere to or be absorbed by them. They should take a fine, yellow color, being slightly charred or toasted by the high temperature to which they are exposed. Things well fried are not greasy, but quite dry.

Frying food thus is not adapted to materials which require slow cooking at a low temperature, because it heats the surface much beyond the temperature of boiling, and, if prolonged, meat is heated clear through and toughened. Croquettes and similar preparations of cold meat are much nicer cooked in this way, and many kinds of fish are greatly improved by this process, while chops and cutlets which are first egged and bread-crumbbed, are delicious thus cooked.

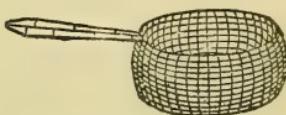
If many articles are to be fried, reheat the fat occasionally to keep it hot enough. Using fat which is not hot enough is a common mistake; keep the fat *smoking* hot. There is much more danger of not having it hot enough than too hot.

It is advisable, when possible, to use a wire frying-basket. This does away with much handling, and lifts all the things out at the same time. A basket should not be used for fritters, which stick to the basket, and the articles in the basket should not touch each other. As a basket expands with heat, it should not fit the pan very tightly; it should not touch the bottom of the pan. If you have no basket use an iron spoon, as tin or Britannia metal will melt if the fat is very hot.

Grease the basket by dipping it into the hot fat before putting the articles into it, and lay them in so as to keep them from touching each other.

Fats and oils may be heated much hotter than water, but some burn much more easily than others. About 350° to 400° is a suitable temperature for use; it can be higher; for some things which require slow cooking, it should be lower. It is better to have the temperature high at first, lowering it afterwards. Remember that putting anything cold into fat to cook, lowers its temperature somewhat.

The temperature of fat can be obtained with a thermometer, but without that, the following tests offer some guide: (1) Drop in a



BASKET FOR FRYING.

few drops of water; if the fat bubbles thereupon, it is over 212°; if it bubbles very smartly, it is over 300°. (2) Drop in a piece of bread and take it out in $\frac{1}{2}$ minute; if the bread is then crisp, the fat is about 350° or more. (3) The more violent the bubbling when anything is put in, the hotter the fat. (4) A thin, filmy, blue smoke arises when the fat is fit for frying; after that, if the fat is further heated, it becomes thicker, until the fat is burning, when there is a dense cloud. (5) Fat, unless it has left off bubbling and is quite still, is never hot enough for frying. These rules are true of all fats, and more or less of all frying.

The reason that fat crackles when it is first put on is, that there is generally water in it. This water, being heavier than fat, sinks to the bottom and is converted into steam, and these bubbles of steam escaping up through the fat makes the bubbling. If not moist with water, it would not crackle. When the crackling ceases, it shows simply that the fat is hotter than boiling water, and that the water is evaporated.

When you have finished using the fat, pour it into a basin containing some hot water. Have more water than fat, and pour the fat in gradually, if it is very hot, or else it will suddenly create a volume of steam; then agitate the fat a little, and let it stand until it is cold. When you next use the fat, take it out in one large cake, and scrape the part next to the water, which will contain impurities. The fat should also be occasionally strained while warm.

With regard to the best fat to use, it may be said that, while olive oil is generally considered the best, it is too expensive for general use, and the taste is not liked by some people. Pure cotton seed oil answers well, and it has but little odor. Mutton fat or drippings is not suitable, as it is apt to leave a tallowy taste and smell, and it cools quickly. For every day use, lard is best, or, lard mixed with clarified beef suet, or the drippings from roast beef, pork or veal. We think, however, that some of the vegetable oils will soon largely supplant the animal fats for frying, and most other cooking purposes. There are many advantages and few objections to their use. The fat can be used over and over again.

It is generally believed that for this method of frying, several different supplies of fat are needed, one for meat, one for fish, and so on, but if the fat is properly handled and clarified, it will be found that this idea is exaggerated.

Fat for frying can be clarified by cutting it up into small pieces, and putting it into the saucepan with just enough water to prevent its burning, and then heat it over a slow fire until the bottom

can be seen, then it should be strained; or heat it in a frying-pan to 285° to 300° F., and then very cautiously sprinkle upon it small quantities of water. The steam carries off the volatile fatty acids which produce the rancidity in such as fish oils, and also removes the neutral, offensive fatty matters that are decomposable by heat.

COTTOLENE.—This is a mixture of cottonseed oil and beef suet, and nothing else. It is an excellent substitute for butter or lard for shortening, or for other fats for frying. It can be used for shortening in any recipe calling for butter or lard, but use only about two-thirds as much of it. When used for frying it should be heated *very hot* before the articles to be fried are put into it, as we elsewhere explain about all fats used for frying (see "Frying"), but cottolene will not "smoke" as other fat does, so test it first by dropping in a piece of bread, and if that browns in $\frac{1}{2}$ minute, it is hot enough for use. No further general directions are necessary for using it.

We have elsewhere stated that we believe the day is near at hand when the vegetable oils will largely supplant the animal fats for all cooking purposes, and we believe the change to be desirable. This is a move in that direction. Cottonseed oil is healthful, nutritious, and its use is unobjectionable.

COTOSUET.—This is a preparation similar to cottolene, but made by another manufacturer. It is 80 per cent. cottonseed oil and 20 per cent. beef suet. All that we have said above about cottolene will apply to cotosuet, or, in fact, to any similar preparation of the same ingredients such as **VEGETOLE**.

If an accident occurs when frying, do not throw water on the flames, as that turns to steam; smother them instead with a thick cloth or strip of carpet.

The Philosophy of Frying.—This consists largely in the fact that different fluids will receive different amounts of heat—water boiling at 212°, beyond which it cannot be heated in an open kettle, while fat or oil will go to 560° to 600°. Water dissolves and extracts the juices of meats submitted to its action, but in fats the juices are preserved, for they are insoluble in oil, and substances submitted to its action when it is very hot, harden, assume a more or less deep color, and finally become carbonized. If the fat is at the right temperature, it will instantly harden the surface albumen, but if the temperature is too low, the fat will soak into the article, instead of drawing out the juices as water does.

To Fry by the Second Plan we Mentioned above, or Dry Frying (the French call it *Sautéing*) the following directions may be given. To fry meat properly in this way, requires care and expedition, or the operation will be a failure, and, as in the case of broiling, it must be done the last thing while preparing the meal; everything should be in place on the table, excepting the vegetables in their hot dishes, and if mutton or lamb is to be fried, the plates, even in warm weather, must be hot, as the fat chills rapidly after being taken from the fire. Have the cutlets, steaks or chops all ready for the pan beforehand, so as to lose no time at the last; the slices should be of the right size to serve. If beef is to be fried, a little of its own fat, cut

in bits, should be melted and sizzling hot in the pan—on this, much depends. Put the pieces of meat in the hot fat, add no salt, as that draws the juices, and fry as fast as possible, turning and tossing the meat to keep it from burning; do not leave it a moment. Have a hot platter in readiness and take up the meat when well browned on both sides (which will be in less than 5 minutes) dust on it a little pepper, if liked, and spread it with butter, with a very little salt sprinkled over it very evenly, and send it to the table as hot as possible. Meat done in this way will be tender and juicy, like well broiled steak. A long, slow simmering of fresh meat, salted in the pan, will make it hard and indigestible.

Fresh pork, beef, mutton and lamb should each be cooked in its own fresh fat; veal is so dry and lean that it is usually fried in the fat from salt pork, and afterwards seasoned as above. Other meats, if they are lean, can be fried in the fat of a single slice of salt pork, rather than in butter, which burns if brought to the right heat to cook meat without losing the juices. Only enough fat is required to keep the meat from sticking to the pan; if there is more, it can be poured over the meat, or thickened, and with a little water added, used for gravy.

BRAISING.—This is a way of cooking by the action of heat *above* as well as *below* the article cooked—the effect is somewhat similar to stewing. A braising-pan has a deep *cover*, on which live coals are placed. The pan is air-tight, and as all evaporation is thus precluded, the food imbibes whatever flavor the cook may wish to give it, in order to effect which, she must place in the pan with the meat, whatever vegetables, etc., her recipe may direct. The ingredients should be very well proportioned, and the stewing should go on very slowly. It is not a common method of cooking in America, although more practiced in Europe.

TO STEAM.—Cooking by steam in private families is not as generally practiced as it might be. The steamer fits tightly on a pan or kettle, and as the water boils, the steam fills the steamer and cooks the articles in it. A tough fowl, filled with a stuffing of bread crumbs, etc., and steamed for 2 hours or so, will be made quite tender. Fish and oysters cooked in this way are delicious. Stale bread and biscuit steamed 5 or 6 minutes, is made fresh and good. Plum cake steamed 3 hours and then baked 1 hour, is better than when baked in the ordinary way. Potatoes are often steamed. In steaming puddings, etc., do not use water in which anything else has been cooked, as it will give them an unpleasant flavor. Articles being

steamed cannot burn, but do not let the fire get so low that the water stops boiling for an instant, or the supply of steam will be lessened, to the detriment of the article being cooked.

SAUTÉING.—This is the French name for frying anything quickly in a small pan, with a very little dripping, oil or fat, doing one side at a time. It is the same as the dry frying which we have previously described. The art consists in having the pan and fat very hot at the start, and in doing it very quickly, to save the juices and succulence in the meat.

TO LARD.—This consists in sticking bacon or other specified articles into poultry, meat, etc. It is done with a larding needle. It is sometimes thought a difficult operation, but is really exceedingly easy. It improves dry, lean meats, and though it needs to be done neatly, to look well, a little

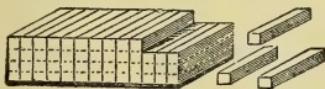


Fig. 1. LARDOONS.

practice teaches this readily. The method is to cut fat bacon into narrow strips of equal length and thickness; for poultry and game, these should be about 2 inches long, $\frac{1}{8}$ inch thick, $\frac{1}{4}$ inch wide; for fillets of beef, loins of veal, or other solid joints, the same length, and $\frac{1}{2}$ inch thick and

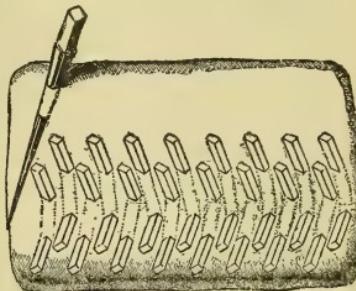


Fig. 2. METHOD OF LARDING MEAT.

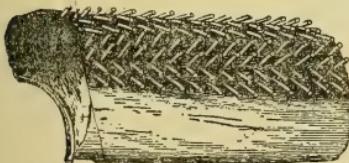


Fig. 3. LARDED NECK OF MUTTON.

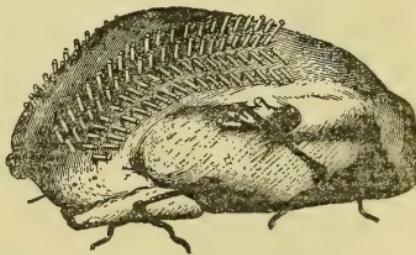


Fig. 4. LARDED TURKEY.

wide. Notice that for all white meats, the bacon used must be cured without saltpetre, as that tinges meats red in cooking. Put each of these strips of bacon (which is called a "lardoon") into a "larding needle," and pass the point of this through enough of the fowl or joint to hold the lardoon safely; then draw the needle through, leaving the bacon in the meat, with both ends projecting equally. Do this in regular rows, and at equal distances, until the meat is covered

with a regular pattern. Generally the breasts only of poultry and feathered game are larded, and the backs, or backs and thighs of rabbits and hares. With soft meat, like poultry it is well to first dip the part to be larded in boiling water for a moment, as that imparts greater firmness to it, and makes it hold the lardoons better.

DAUBING.—This is somewhat like larding, but the strips of pork are pushed entirely through the meat from side to side, instead of being merely inserted near the surface. By this means the fat and flavor of the pork penetrates the *inside* of the meat, giving it a flavor which some people relish. Cut the fat pork into strips as for larding, but a little thicker, and long enough to a little more than go through the meat, projecting a little to each side. A hole is first punched clear through the meat with a steel instrument, and then the strip of fat pork is thrust through with the larding needle or fingers. Daubing is usually applied to a thick piece of beef or veal. The flavor of the pork may also be obtained, however, by laying it on the top of the meat, leaving it on while cooking, and removing it when done.

BONING.—This is usually done by the butcher, and means literally making the joint or fowl, or whatever it is, boneless.

BARDING.—This is practiced on poultry and game and consists in fastening a thin, large slice of fat salt pork on the breast; it answers the purpose of basting.

GLAZING.—This consists in covering certain meats with a thin, golden-brown paste (a glaze) made by boiling down rich soup stock. It is used to give meats which have not been colored by cooking, a glossy surface, and a brown, roasted appearance.

TO EGG AND BREAD-CRUMB.—The best way to make bread-crumbs is to rub stale bread through a wire sieve, because the bread-crumbs should be very *fine*. A wire sieve is a necessity in every home where economy is considered or good cooking desired. If the bread-crumbs are to be used for meat or fish, a little pepper and salt can be added; if for sweet dishes, add a little sugar. The eggs should be beaten up lightly; a teaspoon of water to each egg helps in beating it thin. The rule is, to dip the article that is to be egged and bread-crumbed first in the crumbs to dry it; now let it dry a little, then dip it in the beaten up egg, drain it, and then roll it again in the bread crumbs and leave it in the crumbs until it is put in the smoking hot fat. It is best to egg and bread-crumb anything some time before it is fried. The drier the crumbs the better if a good color is desired.

The philosophy of this process is that the egg, being albumen, when put into the hot fat, hardens into a thin, tough film, which keeps the fat from penetrating, and with meat and fish holds the juices within them. It is evident that for this purpose every part of the surface should be perfectly covered with the egg, and that there should be no cracks for the juice to escape through.

If the egg and bread crumbs fall off, it is because the crumbs are too coarse; or there is not enough fat in the kettle; or it is not hot enough, the latter being often the cause.

DRIPPING.—Excepting the fat from mutton, lamb, and that from boiled ham that has been smoked, “dripping” is any fat tried from cooked meat. The fat of salted pork is ready for use as soon as tried, and may be poured from the frying-pan into the bowl kept for that purpose, but the fat from roasted or boiled meat contains more or less water and must be heated in the frying-pan until all the water has evaporated, and then strained into an earthen vessel. If more dripping is saved in this way than is needed for shortening or for re-cooking potatoes, it can be strained into the kettle for frying doughnuts. An economical cook never allows good fat to spoil. The fat from baked sausages is excellent for re-warming potatoes, but will not do for the doughnut kettle. The fat from poultry may be used very soon after trying out, but it becomes rancid much sooner than the fat of beef and pork. The fat of mutton and lamb, with that from the boiled smoked ham, is only fit for the soap-man.

When the drippings to be clarified for use are smoking hot in the frying-pan, all unpleasant odors (like that of fat from corned beef) can be removed by slicing 1 or 2 raw potatoes into the pan and leaving them until fried crisp; the potatoes absorb all unpleasant flavors.

Thermometers.—We wonder that no one has ever invented a good thermometer to be used when cooking, and in the kitchen. We know of none now. Mrs. M. H. Abel says she fastened a thermometer to a cork, having the bulb project below, and protecting it with a piece of wood; thus arranged, the cork would float on the water, and the temperature of any article boiling or stewing could be determined. She also used it to test the oven by hanging it on a wire frame. The present method of guessing at the temperature when cooking is very unsatisfactory, and must give way before long to a more exact and scientific plan.

HINTS.—In cooking meat, it will be an assistance to remember that freshly killed meat requires more time to cook than that

which has been kept; also that meat needs cooking rather longer in cold weather than in hot.

To Make Tough Meat Tender.—Soak it in vinegar and water; if the piece is very large, soak it about 12 hours; for 10 lbs. of beef, use about 3 quarts of water and $\frac{3}{4}$ pint of vinegar, and soak it for 6 or 7 hours. If the vinegar is not very strong, a very tough piece can be soaked 3 or 4 days in summer, and twice as long in winter to advantage, and spices may be added if liked. Or the meat can be brushed over with vinegar and let stand with that on $\frac{1}{2}$ to one day. The tough fibre is cut and softened by the acid. Sour milk is used for the same purpose, by foreign cooks, the lactic acid of the milk acting the same as the acetic acid of the vinegar. The meat should be immersed in the sour milk, which should be changed every day, and thoroughly washed off before cooking the meat. Meat is also "hung" to make it tender. Stewing also makes many tough meats tender; see the preceding article on "Stewing."

Washing Meat.—Meat purchased from a good butcher should not need washing before being cooked; all that will be necessary will be to dampen a cloth with cold water and wipe it off; or scrape it with a dull knife to remove splinters of bone, sand, etc. Washing meat will dissolve out the surface albumen and juices, and detract just that much from its value. If necessary to wash it, do not let it stay in water, but use cold water, throw it on quickly, and then wipe the meat dry.

The Action of Salt on Meat.—This should be understood. Salt causes the fibers of meat to contract, and the juice to flow out of its pores, often forcing out in this way as much as $\frac{1}{3}$ of the juice of the meat, which is the reason of the fact, familiar to every housewife, that dry salt in contact with fresh meat gradually becomes fluid brine. Now as the juice thus extracted contains albumen, and other valuable principles, it will be seen that meat which has been preserved with salt can never have the nutritive value of fresh meat, because the juices when once drawn out can never be restored.

Do not put salt on meat that is being cooked until it is nearly done; if added earlier it toughens the fibre.

Hard and Soft Water.—Many cooks also do not understand the action of different waters on meat. For making soup, or broth, soft water, unsalted, is best to use, because that more readily penetrates the tissues and extracts the juices; but for cooking meat to be eaten, where it is desired to retain the juices in the meat, hard water is best, or if soft water is used, put a little salt in it. Salt added to the water in which meat or fish is cooked acts in 3 ways: (1) It helps

to coagulate the surface albumen. (2) Water containing salt boils at a little higher temperature than pure water. (3) It increases the density of the water, and the juices flow out less readily. Although each action is rather small, they all combine to keep in the juices.

The Disagreeable Odor of Boiling.—This may be kept from filling the house by putting into the water a pod of red pepper. A lump of charcoal wrapped in muslin and dropped in the kettle will also absorb the odor and prevent its permeating the house.

Burning Fat.—When, in broiling meat, fat drops down on the coals, and you fear it may give the meat a smoky taste, take off the gridiron for a minute or two, and put a little salt on the coals.

To Thaw Frozen Meat.—Put it in cold water, and do not try to cook it until it is fully thawed. Do not thaw it until just before it is to be cooked. To ascertain whether the thawing is complete, drive an iron skewer through the thickest part of the joint; if there is a core of ice within, it will be distinctly felt by the resistance it offers. If the meat is cooked before it is perfectly thawed, it will often display a raw center when done. Meat that has been frozen decomposes easily when thawed, and it is apt to be insipid and dry when cooked.

Cold Meat.—Cold, sliced meats are much relished by many, but need not, necessarily, be entirely cold when served, especially in cold weather. Arrange the slices neatly on a platter, then set the platter in the oven with the door open, and warm just enough to take off the chill, but not to start the fat from the meat. Serve it with tomato or chili sauce. Cold meat cuts better after it is entirely cold.

Remember that in re-warming all kinds of meat, it must *not* be re-cooked, as that has a tendency to harden it. By placing thinly cut bits of cold meat in a hot dish, or platter, and pouring over it the hot sauce or gravy, and then serving in hot plates in cold weather, the meat will be sufficiently heated. Cold butcher's meat of all kinds can be treated in this way; also fish, shell-fish, poultry and game, each covered with its appropriate hot sauce or gravy. Mutton particularly calls for hot plates nearly all the year round, as the fat hardens immediately on a cold plate.

GRAVY.—Gravy differs from a meat sauce in that it is made of the juices which drip from roasted or baked meats; or from those extracted in the process of frying or sautéing; or from the broth from boiled meats, in contradistinction from a sauce made from something foreign to the meat.

Gravy for roasted meat is made by adding water to the dripping-pan in which the meat is roasted; the juices of the meat which have

dried and browned on the sides of the dripping-pan, should be thoroughly stirred down into the pan with a spoon, as this gives color and flavor to the gravy; the surplus fat must be dipped off, but a small portion left in gives the needed fat and richness to the gravy without the addition of butter, and will be thoroughly blended through it by the addition of the thickening. The thickening is made by mixing flour or corn-starch with a little cold water, and stirring it into the boiling contents of the dripping-pan, which is placed on the top of the stove or range, immediately upon taking up the roast. Most cooks of the present day use corn-starch, which cooks free from lumps; others prefer the flavor of flour thickening, even if it necessitates the straining of the gravy; browned flour, or browned flour and butter, called brown roux, or white roux, which is raw flour and butter already mixed, is used by professional cooks. Gravies should be kept hot in a sauce-pan, after straining, until sent to the table for a cold gravy is an abomination.

Gravy for meat fried in a frying-pan is made in the same way, by adding a little hot water to the pan after the meat is taken up, then thickening it as above; there is usually no surplus fat when meat is cooked in a frying-pan, as only enough fat is used to keep the meat from sticking to the pan.

Gravy for boiled meat is made by dipping the required quantity of broth from the top of the pot, together with a portion of the fat, then thicken and season as for other gravies. A spoonful of any one of the various meat sauces may be added to gravies for seasoning if preferred.

Do not spoil gravies with high seasoning of any kind, for the best gravy is that in which the flavor of the meat is best retained. The English method of making gravy with meat-liquor or soup-stock is as follows: When roasting beef, mutton, lamb or pork, pour off into a dish, $\frac{1}{2}$ hour before dinner time, all the contents of the dripping-pan, and set them away in a cool place; then put into the pan 1 or 2 cups of the meat liquor or stock; if you have cold gravy or drippings of a previous day, take off all the fat from the top, and put the liquid which is left, into the pan. Wet some browned flour smooth, and when you take up the meat, set the dripping-pan on top of the stove; the gravy will at once boil up, and the wet flour must then be stirred in. Do not let it stand too long, as it will boil away fast.

With veal and venison, there is but little fat, and that is not gross, and so the gravy is made differently. When the meat is first

put to roast, put some meat-liquor or stock in the dripping-pan, and add a little more as it boils away. When the meat is done, set the dripping-pan on the stove, and, having stirred in the wet flour as before, add a piece of butter $\frac{1}{2}$ the size of an egg, and stir until it is all melted or it will make the gravy oily.

For poultry, the gravy is made by boiling the giblets by themselves in a little water; skim it carefully, as a good deal of scum will rise. After 1 or $1\frac{1}{2}$ hours, take them out and pour the water into the dripping-pan; mash or chop the liver fine, and when you make the gravy, add this and a bit of butter, some pepper, the wet flour, and, if you choose, a little sweet marjoram.

The fat that roasts out of a turkey should be dipped off with a spoon before these ingredients are added; it is too gross to be palatable.

For goose gravy, pour off all the drippings as directed for beef or pork, and put in some of the meat-liquor or stock.

To Brown Flour.—Some cooks keep browned flour on hand for gravies and soups, and think it gives a better flavor and color than white flour. Prepare it as follows: Put about a quart of flour into a spider and set it into the oven or on top of the stove; stir it often lest it should burn. When it is a light brown color, set it away for use, in a jar or wide mouthed bottle, keeping it corked.

Garnishing meat adds much to its appearance. Slices of carrots are suitable for hot or cold boiled beef. Mint is used for hot or cold roast lamb, either with or without parsley. For roast veal and calf's head, slices of lemon are used. For boiled meats or stews, use capers, boiled onions or pickled gherkins. For roast beef, horseradish is often used. Slices of red beet-root go well on boiled beef or cold meat, and for poultry, fish, cold meats, etc., parsley is very generally used.

Slices of lemon served with a plate of beefsteak will impart a pleasant flavor to it, and those who like onions will relish beefsteak served on a platter that has been well rubbed with raw onion.

BEEF.

Beef is probably the best and the most wholesome, as it is certainly the most economical meat that can be purchased for family use. Very lean beef is of inferior quality, while that which is very fat is objectionable because it is so wasteful.

Before boiling salted beef, it should be soaked in a quantity of

water over night; then put it on in cold water and it is much better for a long, *slow* boiling.

BEEF BALLS.—Chop fine some cold beef, mix with the meat 1 or 2 well-beaten eggs, according to quantity of meat; a bit of chopped onion, a little melted butter, salt and pepper; flour your hands, roll the prepared meat into balls, and fry in smoking hot fat.

CHIPPED BEEF.—Heat together 1 cup each of milk and water, and thicken with a beaten egg and a little flour; when it has boiled 5 minutes, add a quantity of chipped beef; stir in well and remove at once from the fire.

BEEF OR VEAL CHEESE.—Boil and skim beef until the meat and gristle drop from the bone; chop the meat fine, season with pepper, salt and sage, and put in a deep dish; take all the fat from the soup and boil it away some, then pour it over the meat, stir well, and set away to cool and harden. Cut in slices and eat cold.

CORNED BEEF.—Put it into cold water and boil slowly until tender. If there are any bones take them out, fold the meat together and press it under a heavy weight. It can then be sliced in nice shape. *Time to boil* $\frac{3}{4}$ hour for each pound of beef.

BEEF DAUBE (doe-b).—Have a slice cut from the top of the round of beef, 3 or 4 inches thick; take out the bone, cut places all over it an inch or two apart (doing it as evenly as possible) and place little squares of salt pork in each cut; put it in a deep frying-pan or baking-tin with a little water, cover tightly, and bake, or simmer on the stove for an hour; then turn it in the pan, season with a little salt, pepper, and herbs if liked, slice on an onion, 2 or 3 potatoes, a small turnip, and a carrot, cover again, and bake or simmer until the vegetables are done. Serve with sour apples, baked or fried. *Time, 1\frac{3}{4}* hours.

DEVILED BEEF.—Take 2 lbs. round steak, chopped fine, add a cup of bread crumbs, $\frac{1}{2}$ cup of sweet milk, a good table spoon of butter, a good teaspoon of salt, a little pepper. Mix and put into square deep tins, and bake about $\frac{3}{4}$ hour. It slices nicely when cold.

DRIED BEEF.—This is commonly served as an appetizer, sliced very thinly, and eaten raw. It is cooked by slicing thinly, or rather, shaving it as for a relish, then put it in a sauce-pan and scald with just boiling water enough to cover it; let it scald 4 or 5 minutes, then drain off the water, and add $\frac{1}{2}$ pint of cream; when this gets hot thicken it with a little corn-starch in cold milk; when thoroughly

hot, serve in a hot dish. Milk may be substituted for cream, and a little butter added to season it, or the yolk of an egg. This is a convenient and economical dish for a small family living at a distance from a market. Serve with either boiled or baked potatoes.

DRIED BEEF RELISH.—Cut dried beef very fine, put it in a sauce-pan with a little hot water and let it simmer on the stove a few minutes; add a little butter, toast slices of bread a nice, delicate brown, and spread the beef over the slices of toast. If the dried beef is very salt, turn off the hot water after standing a few minutes; then add a little more to prepare it.

FILLET OF BEEF.—This is the underside of the loin; take out the bones. After trimming and larding, put into a pan, in the bottom of which are some small pieces of beef suet; sprinkle with salt and pepper; add 1 cup of water. Bake in hot oven 30 minutes; baste often with hot water.

FRIZZLED BEEF.—Take 2 cups of sliced dried beef, $\frac{1}{2}$ cup of butter, 6 cups of sweet milk, 6 even teaspoons of flour, $\frac{1}{2}$ teaspoon of pepper, and 12 small slices of bread. Brown the butter slightly, add the dried beef and let it cook until it curls at the edges; stir in the flour dry, add the milk and pepper, stirring constantly until it boils; turn it over the bread and serve.

BEEF HEART.—Cut open the heart, rub well outside and in with salt; make a nice dressing the same as for chicken, stuff the heart and sew it together. Roll a nice round steak around it and tie; season well with pepper and salt. Then put a plate in the bottom of a kettle, put in the heart, cover with water, and cook until tender. When about done, take it out and put into a dripping-pan, pour over the juice in which it was cooked, and place it in the oven to brown. Make a nice gravy to go with it. Excellent.

HUNTERS' BEEF.—Take 25 lbs. of round of beef, 3 oz. of salt-petre, 3 oz. of the coarsest brown sugar, 1 oz. of cloves, 1 nutmeg, $\frac{1}{2}$ oz. of allspice, 3 handfuls of common salt—all in the finest powder. Take the bones from about 25 lbs. of a round of beef, and let it hang for 2 or 3 days. Then rub the above ingredients well into it every day for 2 or 3 weeks, turning it every morning. When ready to be dressed, dip it into cold water to take off the loose spice, bind it up tightly with a wide tape and put it into a pan with a crust of flour and water; set it in the oven and bake it six hours. When it is cold, take off the paste and tape, glaze it and garnish it with savory jelly. The gravy is very fine, and adds greatly to the flavor of soups, hashes, etc. It keeps good for some time.

BEEF KIDNEYS.—Cut the kidneys in 2 slices, lengthwise; soak an hour in salted water, then wipe dry; dip them in a beaten egg, roll in cracker dust, and broil over a clear fire.

Kidneys may be stewed until tender in a very little water, and seasoned; then thicken the broth, and serve.

STUFFED LIVER.—Scald slices of liver in boiling water with a little salt; make dressing as for poultry; put a layer of thin slices of salt pork on the bottom of a deep baking-dish or the short-handled frying-pan; then spread half the liver on the pork and place the dressing on it. Cover the dressing with the remaining half of the liver, cover with a pan or plate, and bake an hour.

DEVILED LIVER.—Chop very fine 3 lbs. of liver and $\frac{1}{4}$ lb. of salt pork, both uncooked. Then mix $\frac{1}{2}$ pint of bread crumbs, 3 tablespoons of salt, 1 teaspoon of pepper, $\frac{1}{2}$ teaspoon cayenne, and $\frac{1}{2}$ teaspoon of mace and cloves; add and mix well with the chopped liver and pork; put it in a covered sauce-pan, and set that in a sauce-pan of cold water. Cover the sauce-pan and place on the fire to boil 2 hours. Take out the mold, uncover, and let it stand in an open oven to let the steam escape. This is a cold dish.

BEEF A LA MODE.—Cut the bone from a round of beef, and fill the space with bread and butter dressing, or a dressing made with onions and spiced with herbs. Put a bandage around it to keep it in shape, and put it in a pot just large enough to hold it; add about a pint of water, cover tightly, and bake 3 hours. Good either hot or cold.

MOCK DUCK.—Take a good piece of upper round steak, make a dressing as for turkey, and spread it over the steak; roll it up and wind it with a string. Bake it as you would roast beef, but not so long. It can be served hot, or allowed to cool with the string around it, when it can be cut in thin slices for luncheon or tea. If served cold, garnish handsomely with sliced lemon and green parsley.

Mock Duck No. 2.—Make a dressing the same as for turkey, put it in a round of beefsteak which has been salted and peppered, and sew it up; then roast it with 2 or 3 slices of salt pork on top, and baste it frequently. It will be equal to duck.

BEEF OMELET.—Chop finely 1 pound of raw beef; roll 3 crackers to a powder, and mix with them $\frac{1}{2}$ teaspoon of baking powder; beat well 2 eggs, and then mix all together with a seasoning of salt, pepper and powdered herbs; put a piece of butter the size of an egg in a pudding-dish, let it just melt, then place the mixture in a cake

in the dish, flatten down into a flat cake in the bottom of the pudding-dish, and bake $\frac{1}{2}$ hour. Take it up on a hot platter, spread the top with soft butter, and send to the table hot. Good for supper or breakfast in cold weather. For breakfast, serve hot corn-meal muffins with the omelet.

BEEF POT PIE.—A good dinner which combines the needed variety of foods in 1 dish, is a beef or mutton stew. Two pounds of cheap meat, neck of mutton, shin or round of beef, is enough for 4 to 6 people. Cut the meat in inch pieces, season with salt and pepper, and roll in flour. Put the bones in cold water and heat slowly; when boiling, put in the meat, already browned in a frying-pan, with a little hot fat. Add 1 or 2 small onions sliced and fried with the meat, if liked; a stalk of celery, or $\frac{1}{2}$ cup of strained tomato, also gives a nice flavor. Simmer an hour, then add a medium-sized carrot and turnip, cleaned and cut in $\frac{1}{2}$ inch squares; cook 2 hours, or till the meat is tender; $\frac{1}{2}$ hour before serving, put in 6 potatoes already pared, quartered and parboiled to draw out their strong juice. Taste and season more if liked, and skim all fat from the top; 10 minutes before dinner time, put in the dumpling and cook without removing the cover. The *Dumplings*: 1 pint of flour, $\frac{1}{2}$ teaspoon of salt, 2 teaspoons baking powder, sifted together and mixed into a soft dough with 1 cup more or less of milk or water. Drop from the tip of the spoon into the boiling stew, cover closely, and in 10 minutes take up on a hot platter or place around the platter on which the stew is served.

POT-ROAST OF BEEF.—Take 5 or 6 pounds of the round of beef, remove the bone, put slices of suet in the bottom of a deep pot, and fry out the fat; leave the bits of suet in the bottom of the kettle, put in the beef in a round shape, and add a pint of hot water; put on the stove where it will cook slowly. Cover well after sprinkling on a little salt, pepper, and sweet herbs, if liked. It should cook 2 or 3 hours, and at last uncover it and rapidly cook out all the water, until it begins to fry in the bottom of the kettle; when it is nicely browned on the bottom, take up on a platter, the browned side up, and pour over it any fat left in the pot. Good, warm or cold. Cut in thin slices it makes nice sandwiches.

PRESSED BEEF.—Take any kind of beef, stew it till the bones fall out, pick it over carefully, removing all gristle, and chop finely. Season to taste with pepper and salt, and add any herbs or spices desired. Put it in a brick-shaped pan with a flaring top, put another pan on top, and weight with flat-irons or other convenient weight.

When cold, serve in slices. Thus prepared, cheap and tough pieces of meat may be made delicious.

ROAST BEEF.—The best pieces for roasting are the first and second cut of the sirloin. The next to be preferred are the first cut of the rib and the back of the rump. Dredge with flour, salt, and pepper, place in dripping-pan with very little water; baste frequently. If a large piece of beef (10 or 12 pounds) allow 15 minutes to every pound; a small piece, 10 minutes to every pound. Make a gravy of the dripping. After carefully skimming off all the grease, pour the remainder into a sauce-pan, mix a little brown flour carefully so as not to have any lumps, and stir into the liquid while boiling; boil 3 minutes and it is ready to serve.

ROAST RIBS OF BEEF.—Take a 2 or 3 rib roast, have ribs sawed across 3 times at least, with no seasoning of *any* kind as that injures the flavor of the meat. Set on bricks in a *very* hot oven, sear over, and when well browned decrease heat by opening the door and closing the dampers; then cook slowly for 1 hour if liked rare, or $1\frac{1}{2}$ hours if well done.

ROAST BEEF AND YORKSHIRE PUDDING.—Into 2 cups flour mix 1 teaspoon baking powder, and a pinch of salt; add 1 cup milk, beat till smooth, and add another cup of milk. Put it in hot gem-pans and bake; baste it with beef drippings. Serve it with the roast beef. The batter is often poured under the beef to bake, but this is a better way.

SPICED BEEF.—Boil 2 or 3 pounds of fat beef slowly until the bones will easily separate from the meat; then take it out, take out all the bones, and chop the meat (fat and lean together) while hot; season with salt, white pepper and sifted sweet herbs—sage, thyme, parsley, or any best liked. Mix all thoroughly and put in a brick-shaped bread pan to become cold for the next day. The broth can be used for a soup the next day. Serve the spiced meat, cut in slices, with potatoes, baked, or cooked in any way liked.

BOILED TONGUE.—If the tongue is salted, soak over night in plenty of cold water; the next morning put it over the fire with enough cold water to cover it, and boil slowly 3 or 4 hours, according to the size; skin the tongue while hot and set away to cool. When cold, cut in very thin slices, excepting the extreme tip, which can be



SIRLOIN.

used for making side dishes. If the tongue is fresh, then soak it over night in cold water in which is a handful of salt; the next morning put it over the fire and cook slowly, and proceed in the same manner as with salted tongue.

TRIPE.—Tripe is usually sold already boiled and pickled, and is a good food if cider vinegar is used for a pickle; if any of the mineral acids are used, it will unfavorably affect the digestion. After coming from the market, it is sometimes broiled, spread with butter, and served with baked potatoes. It can be put on a platter and set on the grate in the oven until hot and then spread with butter; again, it can be fried brown in the frying-pan with a little butter, and seasoned with any of the piquant meat sauces. It may also be cut in strips, soaked 10 or 12 hours in salt and vinegar, wiped dry, and fried in hot lard. It can be stewed also.

Fricasseed Tripe.—Cut in narrow strips 1 lb. of tripe and add to it 1 cup of milk, or part water; put in a piece of butter the size of an egg, season with salt and pepper, and thicken with 1 tablespoon of flour, stirred with a little cold milk or water. Let it simmer gently for $\frac{1}{2}$ hour, and serve hot. It may be improved by a bunch of parsley cut small and put with it.

BEEFSTEAK.—*Broiled Steak.*—Grease the gridiron with suet. Have it hot. Put on the steak over hot coals. In a moment, when the steak is colored, turn it over. Watch and turn frequently. Do not let out the juice by sticking a fork in it. Remove to a hot platter. Sprinkle well with salt and pepper and butter well. Set platter into oven a few minutes, to let butter soak well in. Serve hot. The juice of a good steak is inside of it—not a gravy in the dish.

Broiled Chopped Beefsteak(called Salisbury steak).—Take 2 lbs. of raw beefsteak and chop fine in a chopping bowl; then press together in flat pieces, each one large enough for 1 person, and broil over a bed of coals. This is nice for an invalid or person with poor teeth, especially if tender steak cannot be had.

Beefsteak and Oysters.—Broil the steak the usual way. Put 1 qt. of oysters with very little of the liquor into a stew-pan upon the fire; when it comes to a boil, take off the scum that may rise, stir in 3 ounces of butter mixed with a tablespoon of sifted flour; let it boil one minute until it thickens; pour it over the steak and serve hot.

Beefsteak Pie.—Put about 2 pounds of steak (round steak will answer) into a sauce-pan with a gill of water; put on the cover and simmer for an hour; then cut the steak into small pieces about $\frac{1}{2}$ inch square; put them into a white pudding-dish, thicken the juice with a

tablespoon of corn-starch, season with salt, pepper, and herbs, also with garlic or onion if liked, and pour it over the meat; then cover with a rich pie crust and bake until the crust is a rich golden brown. This is good to serve at luncheons. A less expensive pie can be made by covering the meat with a nice baking-powder biscuit dough. Bake this also until it is nicely browned. *Time*, about $1\frac{3}{4}$ hours.

Beefsteak, Rolled.—Put a slice of round steak on the meat-board, sprinkle on a little salt and pepper, and put on bits of butter, with a little chopped onion if liked, and a little sifted sage; spread over it mashed potatoes, or sliced raw potatoes, and roll it up; wind with a string and fasten the ends with skewers; put in a baking-pan with a pint of water and bake slowly an hour; baste often.

Beefsteak Smothered in Onions.—Cut 6 onions very fine, put them in a sauce-pan with 2 cups hot water, 2 oz. butter, some pepper, salt, and dredge in flour; let stew until the onions are quite soft. Have the steak broiled, put it into the sauce-pan with the onions, let simmer 5 or 10 minutes; send to the table very hot.

Hamburg Steak.—Lay your beefsteak on the meat-board, salt and pepper it as required; peel and slice a few onions and cover the steak. Then with chopping-knife chop all together until like hash, and fry in hot fat, either in balls like sausage, or plain. Leave out the onions unless you know everyone at the table likes them. This is delicious.

MINCED BEEF.

2 cups of cold minced beef.	1 teacup of gravy.
1 shallot, or small onion.	1 tablespoon of Chutnee sauce.
1 bunch of parsley.	Butter the size of an egg.

Put the butter in a sauce-pan, slice and fry the onion until a yellowish brown, add the gravy, then the chopped parsley; stir in the chutnee, add the beef, and let it get hot, but do not re-cook. Serve it on a platter garnished with parsley and fried bread. *Time*, 20 to 30 minutes.

BOILED DINNER.—Boil the corn-beef early in the day; when tender, take it out and skim the fat off the meat liquor; then, about 1 hour before dinner, put into the boiling meat liquor the carrots first, having them washed and scraped; a little later put in the cabbage which has been quartered, and the turnips which have been pared and sliced; last, about $\frac{1}{2}$ hour before dinner, put in the potatoes (peeled) and a crook-neck squash, peeled and sliced. Boil the beets by themselves. When done, take up the vegetables, put the cabbage in a colander and press out the water, cut up the carrots, and serve

the meat and vegetables separately. Try to serve them as attractively as possible. This is better than boiling meat and vegetables together.

MOCK SAUSAGE.—Take 1 lb. of cold beef and chop fine; then take 3 tablespoons of chopped or mashed potatoes, 1 egg, 1 tablespoon of flour, and a small slice of bread; moisten the bread with milk or water, stir all together, add salt, pepper, and a little sage, or chop an onion in. Make in small balls, and shape like slices of sausage. Fry in a little hot fat like potato balls, and when brown on one side, turn over and brown the other.

SAUSAGE ROLL.—Make a dough as for baking powder biscuit; roll out and cut in large rounds with a large biscuit cutter; lay fine sausage meat on half of each piece, turn the other half over and pinch together; lay close together in a baking-tin or dripping-pan, and bake $\frac{1}{2}$ hour. These are good either hot or cold.

PRESERVING MEAT.—In cold weather when meat is plentiful, it can be preserved for a long time by treating it in the following manner: Take large pieces of the fore-quarter of beef (the cheap pieces of the neck and shoulders); boil it slowly in just water enough to cover, until it is tender; add a little salt for the last hour; let it stand until quite cold, then mince it finely; season well with pepper, and last, pack tightly in a stone jar, put a few whole cloves on the top, then pour over it hot, melted beef suet. When this gets cold, cover the jar with a cloth, then with the cover, and store in a cool room. This is ready to use for mince pies, and for slicing to put in a potato pie, or it can be cut in slices and served cold with hot baked potatoes, for breakfast.

VEAL.

Veal should be thoroughly cooked, for cases are not uncommon of illness arising from eating under-done veal. The flesh is rather indigestible. No meat is more useful for making stews and gravies than veal. It needs much seasoning as it is deficient in flavor, and while it is richer in gelatine than beef, it has less nitrogen. It contains the least heat producing elements of any meat, and is best eaten with bacon and jelly, rice or potatoes, etc., which supply the elements it lacks.

Old Veal.—This is most delicious meat and but little known. It is a calf kept yarded near the house, fed liberally with skimmed

milk, vegetables of all kinds, and fattened to the age of 5 or 6 months in this way, then killed in the fall when the vegetables are gone. It is dressed and used like beef.

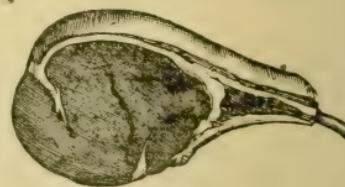
BREAKFAST VEAL.—Butter a small oval dish very thoroughly, and fill with bits of cold, stewed veal, seasoned with pepper, salt, and a little nutmeg; put in alternately with layers of bread crumbs; moisten with gravy, put bits of butter over the top, and bake. When it is brown, turn out of the dish on a hot platter and garnish with parsley. If not too moist, it will keep its form when turned out. Time to bake, 20 to 30 minutes.

VEAL, CREAMED.—Chop cold veal, or cut in small, thin slices, leaving out the stringy part for your stock kettle. If you have a pint of meat, it is enough for a handsome dish. Put 1 teacup of rich milk into the teakettle pail, and, when hot, add 1 tablespoon of flour and 1 of butter, rubbed together. Let it boil up, and then stir in the veal, seasoned with pepper, salt, a pinch of mace, and a slice of onion. When hot, pour on a platter edged with leaves of puff pastry, and lay a few on the top of the mince. The leaves can be made of remnants of pastry when you are making pies.

CALF'S BRAINS.—Remove all the fibrous membrane which covers them, and throw into a pint of cold water containing $\frac{1}{2}$ teaspoon salt and 1 teaspoon vinegar. Boil 3 minutes, and plunge into cold water. When cold, cut into small pieces, season with salt and pepper; egg and bread-crumb, and fry in a little hot drippings. They may be prepared early in the day if for dinner, or the night before if for breakfast, and they may be served plain or with tomato sauce.

VEAL CUTLETS, BREADED.—

Egg and bread-crumb the cutlets, and fry them in smoking hot fat, turning them until well done—time 4 to 6 minutes. Then take up and pour over them a good brown gravy; serve hot. They may be garnished with parsley.



VEAL CUTLET.

CALF'S LIVER, FRIED.—Cut the liver in thin slices, pour hot water over, to blanch it; let stand in the water while you fry the fat from $\frac{1}{2}$ dozen slices of breakfast bacon; take out the bacon and cut a large onion in slices and fry brown; then fry the liver, after drying it in a cloth; after the liver is brown on both sides, sprinkle over it a little salt and a teaspoon of curry powder; cover and stew 20 minutes.

CALF'S LIVER STEWED.—Wash and lard a calf's liver; chop 1 turnip, 1 carrot, 1 stalk of celery, and 1 onion, and place them in the bottom of a deep baking-pan; place the liver on top, sprinkle salt and pepper over the whole, and pour on a pint of boiling water; cover the pan, and place in a moderate oven for 2 hours; when done, remove the liver, put a teaspoon of butter into a frying-pan, and place over the fire to heat; add the liquor strained from the vegetables, and a little flour, stir until it begins to boil, then add a tablespoon of Worcestershire sauce; pour over the liver and serve at once.

ROAST FILLET OF VEAL.—Bone the joint, make a deep incision between the fillet and saddle, and fill with dressing made as for poultry; bind the joint in round form and fasten with skewers and twine, and roast slowly, allowing about 20 minutes to the pound. Baste well with butter, dredge over a little flour, and butter well; make gravy of drippings, with the juice of a lemon added; garnish the platter on which the meat is served with slices of lemon and parsley.

VEAL LOAF.—Chop $3\frac{1}{2}$ lbs. of lean and fat raw veal very fine, with 1 slice of salt pork; add 6 crackers rolled fine, butter the size of an egg, 2 eggs, 1 tablespoon of pepper and 1 of sage; mix this thoroughly and pack it tightly in a deep, square tin; sprinkle over the top a little melted butter and fine cracker crumbs. Cover it with another tin and bake 2 hours; uncover and brown the top. Serve cold in thin slices. This is very nice for a picnic lunch.

VEAL MAYONNAISE.—Cut pieces of cold veal into bits, not as small as dice; put in an equal quantity of celery, cut in small pieces; mix thoroughly, and pour over it a little of the dressing, reserving the rest to put over the top when it is arranged in the dish; garnish with lettuce leaves, and hard-boiled eggs cut in slices. Lettuce can be substituted for celery.

MOLDED VEAL.—Cut thin slices of cold roasted veal, put them in the bottom of a pan, season with pepper, salt, and chopped celery; add a layer of hard-boiled eggs sliced thin, then a layer of thinly-sliced, cold boiled ham, and in this way fill the pan. Pour over it enough stock to cover the meat, and bake in the oven 1 hour. Let it stand until cold, and serve in thin slices.

VEAL POT-PIE.—Take 2 or 3 pounds of fat veal, cut it in small pieces, and put over the fire in cold water. When it comes to the boiling point, skim well, then cook slowly about an hour; do not boil rapidly, as that tends to make the meat hard. At the end of an hour

sprinkle with salt and pepper, and add a sliced onion if liked by all, and a handful of washed rice to thicken it a little. Pare and slice enough potatoes for the family, and add to the stew; when the broth boils again, after putting in the potatoes, add dumplings made of baking-powder biscuit dough, or crust made from recipe for pot-pie crust, and boil $\frac{1}{2}$ hour.

POT-PIE CRUST.—One pint sour milk, 1 teacup sour cream, 1 teaspoon soda; mix hard like bread, let it stand 1 hour to rise; never roll nor cut, but nip it off in pieces the size you want, let boil 30 minutes, without lifting the lid, and you will always have them like a puff.

VEAL-AND-HAM PIE.—Cut the veal into very small pieces and put a layer on the bottom of a pudding-dish; sprinkle over it a seasoning of salt, pepper and powdered herbs (sage, thyme, summer savory, etc.), then lay on thin slices of cold boiled ham, fat and lean together, then another layer of veal, and so proceed to fill the dish; pour in enough cold stock or water to cover the meat, having sliced ham on the top; cover the top with a thick puff paste, and bake an hour in a hot oven. Put a dish of hot water in the oven to prevent scorching the crust. When this is cold, it should be a firm jelly inside.

"It's a veal-and-ham pie," said Mr. Boffin. "Is it indeed, sir? And it would be hard, sir, to name the pie that is a better pie than a weel and hammer," said Mr. Wegg.

ROAST VEAL PIE.—Cut cold roast veal into slices, with the stuffing, and lay them in a deep dish, adding pepper and salt; dredge lightly with flour, and put in the gravy that was left, with a little hot water added to it; a dish that holds 3 pints will require 1 cup of gravy. Cover the top of the pie with a crust made as follows: *Crust.*—One pint of flour with 2 teaspoons of baking-powder sifted through it; add a piece of butter as large as $\frac{1}{2}$ an egg, rubbing it into the flour with the hand. Wet with some sweet milk, enough to make a dough as soft as you can handle it. Different qualities of flour differ in the quantity of wetting required. Bake till brown—about 1 hour.

SCALLOPED VEAL.—Mince cold veal very fine. Put a layer in the bottom of a buttered pudding-dish, season with pepper, salt and a very little nutmeg; then put in a thin layer of fine cracker crumbs, then another layer of meat, and so on until the dish is full. Wet with good broth; if you have no broth, make a little by boiling the bones and trimmings of your veal. Put over the top a layer of cracker crumbs, wet into a paste with a little milk, and mixed with a

beaten egg. If your oven is not very slow, it is best to cover the dish with a pan for the first $\frac{1}{2}$ hour, and then let it brown 10 minutes after you uncover it. *Time*, about $1\frac{1}{2}$ hours.

SPICED VEAL.

3 lbs. veal cut fine.	3 Boston crackers rolled fine.
1 large slice fat pork.	$\frac{1}{2}$ teacup of catsup.
3 eggs beaten well.	1 lemon, rind and juice.

The salt and pepper should be mixed with the crackers; mix all, moisten with water and butter. Bake 2 hours.

SMOTHERED VEAL.—Place in the bottom of a baking-pan 3 or 4 potatoes sliced, 1 small onion sliced, 2 slices of salt pork cut into strips; season with salt, pepper and sage; place over this 3 or 4 pounds of veal from the breast, or any other part desired; cover the meat with sliced potatoes, onion and other seasoning; sprinkle over all a tablespoon of flour, add a pint of water, cover the pan with another one, and place in the oven and cook $1\frac{1}{2}$ hours, adding water if it cooks dry.

VEAL STEW.—Cut up 2 pounds of veal, and after having washed it carefully, put it in the dinner-pot; add 3 pints of water, put in 1 onion, pepper and salt, and let it stew an hour; then add sliced potatoes, and take a crust made with a pint of flour, a cup of sour milk, and $\frac{1}{2}$ a teaspoon of soda sifted through the flour, a pinch of salt; cut up in squares, dust a little flour over them, lay them in on top, cover closely and cook $\frac{1}{2}$ an hour.

VEAL TOAST.—One cup of chopped veal, 1 cup of hot water, a piece of butter as large as a butternut, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. Have ready on a platter, slices of bread toasted brown, and buttered; if the crusts are hard, dip the edges in hot water. Heat the minced veal thoroughly hot, pour it on the toast, and serve at once.

SWEETBREADS.—At once on coming from the butcher (and that should be as soon as possible after the animal is killed) sweetbreads should be soaked 1 or 2 hours in cold water, and then cooked about 20 minutes in boiling water containing 1 teaspoon each of salt and lemon juice; then plunge them into cold water to harden them; take out and put into a towel to drain out all the water, and remove the pipes and membranes. They may then be cut into thin slices and broiled; or egged and bread-crumbbed and fried in hot fat; or sautéed; or stewed in a very little water, and seasoned with salt, pepper and butter. Serve with any of the meat sauces best liked by the individual.

SWEETBREAD CROQUETTES.—After preparing 2 pairs of sweetbreads as above, cut them into dice, and also cut up and add $\frac{1}{2}$ box of mushrooms. Into a sauce-pan put 1 large tablespoon of butter, and when it bubbles, sprinkle in 1 tablespoon of flour; cook well and add $\frac{1}{2}$ cup cream or soup stock; heat and add the sweetbreads and mushrooms; when well heated, lift from the fire and add yolks of 2 eggs well beaten; form into croquettes when cool, then egg and bread-crumb, and fry in smoking hot fat.

CREAMED SWEETBREADS.—Prepare as above, and then with a silver knife pick them in pieces; then put 1 tablespoon butter in the sauce-pan; melt without browning it, add 1 tablespoon flour, stir till smooth; add 1 cup cream and the sweetbreads, stir till it thickens; lift from the stove, season with salt and pepper and serve. *Time, 20 to 30 minutes.*

Sweetbreads consist of the *Thymus Gland* found in the neck of veal and lamb. It decreases in size and flavor as the animal grows older. The glands are found in the back part of the throat and in the breast. There should always be 2 of them, although they are sometimes sold separately. The heart sweetbread is so called because it lies nearest the heart. It is the lower one and is round in shape. The throat sweetbread is the upper one, and is long and narrow. They are a great delicacy (those of the calf are most esteemed) and if properly prepared make a fine dish to tempt the appetite of the invalid, although opinions differ somewhat as to their digestibility. The pancreatic gland of the bullock (that is, the gland near the stomach which secretes the pancreatic juice which aids in digesting the food) is sometimes sold as sweetbreads, but it is inferior in quality to the thymus gland of young animals and requires long and careful washing and cooking.

MUTTON AND LAMB.

Within the limits of wholesomeness, mutton varies immensely in quality and flavor. It is often thought more digestible than beef and is therefore prescribed for invalids. All young meat is less digestible and is also less nourishing than full-grown, but lamb has a better repute in this respect than veal. Although mutton may be served rare, lamb should be thoroughly cooked always. The strong flavor of mutton, which is disagreeable to many, comes from the penetration through the skin of the oil from the wool; the thin outside skin should be taken off before cooking the meat. Mutton should always be served on hot plates in the winter, never allowing any cold mutton tallow to appear on the edges and disfigure the dish.

BOILED MUTTON.—Cut off the superfluous fat from a breast of mutton, remove as much of the bone as will bring it into shape for the kettle, add water to only half cover it, and cover the kettle tightly; let it boil gently for an hour, then turn it in the kettle, and sea-

son with salt, pepper and herbs if liked. Add a little more water if needed, and boil for another hour; then serve with caper sauce.

A **mutton ham** can be boiled in the above manner with another half hour's time. A *leg of lamb* also can be cooked in this way in about 1½ hours.

MUTTON CHOPS.—Remove a portion of the fat and trim them into a nice shape; place the gridiron over a bright, clear fire, rub the bars with a little fat, and lay on the chops. Whilst broiling, frequently turn them, and in about 8 minutes they will be done. Season with pepper and salt. Serve hot on a hot dish. Or they can be baked in a dripping-pan in a hot oven, basting frequently; they are very nice this way. They can also be fried on a frying-pan, having it very hot, and using no other fat than that from the chop. As soon as one side is seared (in about 1 minute) turn over on the other; then finish the cooking more slowly. Sprinkle salt on each side when almost done.

MUTTON AND RICE.—Mince into dice, pieces of cold mutton or lamb; add 1 cup of cold boiled rice to 1 cup of meat; butter the sauce-pan thoroughly, pour in a little water, add the mutton and rice, and stir until it is hot; then pour in 2 eggs slightly beaten, and stir until the eggs are cooked. Season with salt and pepper to taste.

MUTTON PATTIES.—Mince cold mutton, fat and lean together, and season with salt and pepper; if the mutton is lean, add a piece of butter and warm all together in a sauce-pan, with a little water to make it moist; put it in patty-pans, and cover the top with mashed potatoes; put a bit of butter in a little dent in the center and bake in the oven to a delicate brown—about 10 or 15 minutes. Serve hot in the patty-pans.

MUTTON PIES.—Mince coarsely, cold mutton, fat and lean together, and put in the bottom of a pudding-dish. Sprinkle with salt and pepper, with a little butter if the mutton is not fat, then cover deeply with hot mashed potatoes; set in the oven to brown a little, and to let the pudding-dish get thoroughly hot—about 10 or 15 minutes. Serve with hot plates.

Warming cold minced meats, as a pie with mashed potatoes, is one of the best ways of re-warming any kind of fish or cold meat—the most appetizing and the most economical.

MUTTON OR LAMB PIE.—Cut finely, bits of raw mutton or lamb; put to stew in just water enough to cover, and cook slowly until the bones, if there are any, will separate from the meat. Put them in a pudding-dish, season and thicken the gravy, and pour over

the meat in the baking-dish. Make a nice baking-powder biscuit dough, and cover the pie; bake until the crust is a golden brown.

MUTTON RECHAUFFÉ.—Slice an onion and fry it brown in the pan, with a little good butter; then put in a pint of good stock, or water, if you have no stock, and let it come to boiling. Thicken with a teaspoon of corn-starch wet in a little water. When it has boiled, strain out the onion, and add salt and pepper to taste. Have cold sliced mutton on a hot platter; pour the hot sauce over it, and send to the breakfast table with hot plates. *Time*, 20 to 30 minutes.

SCRAMBLED MUTTON.—Take 2 cups of cold chopped mutton or lamb, 2 tablespoons of hot water, a piece of butter the size of an English walnut. When the meat is hot, break into it 3 eggs and cook until the eggs begin to stiffen, stirring constantly. Season with pepper and salt. *Time*, 10 to 20 minutes.

IRISH STEW.—This is a nice and economical dish, and can be made from any kind of meat, the best being the best end of the neck of mutton. Remove nearly all the fat from 2 lbs. of meat, and cut it into chops. Peel and slice 3 lbs. potatoes, and also slice 1½ pounds onions. Put a layer of potatoes in the kettle, then a layer of onions, then meat; pepper and salt it well, and so put in all the materials in layers. Add 1 or 2 cups water, cover closely, and let it stew (*not boil*) 2 or 3 hours.

SCOTCH STEW.—Cut 2 pounds of fresh mutton into small pieces; put them into a stew-pan with 3 quarts of cold water and a tablespoon of salt; set it upon the fire, and cook very slowly, letting it simmer, and keeping it well skimmed. After it has simmered an hour, add a large carrot, 2 turnips, 2 large onions, all cut in pieces, and 2 small heads of cabbage. Let the whole simmer until tender, 1 to 1½ hours, and serve it with the various ingredients.

MUTTON AND TOMATOES.—Cut cold roast mutton in thin slices, fat and lean together; put it on a hot platter, and pour over it 5 or 6 tomatoes, stewed, and seasoned with salt, pepper, a bay leaf, a little pulverized sage, and a bit of onion, if liked. If the mutton is lean, add a piece of butter the size of an egg to the tomatoes. There should not be much juice of the tomatoes, and the excess should be poured off before seasoning. Good for breakfast with baked potatoes and toast.

BOILED SHEEP'S TONGUES.—Boil ½ doz. tongues until tender, in water which is salted and contains the juice of ½ a lemon. Serve cold. Sauce Tartare is excellent to serve with them. Time to boil 2 or 3 hours; slowly.

ESCALLOPED LAMB.—Chop coarsely, cold lamb, either baked or boiled, and put a layer in a pudding-dish with a sprinkle of salt and pepper, and little bits of butter, then a layer of bread crumbs, and thus fill the dish, having a layer of crumbs on the top; fill the dish with hot water up to the top layer of crumbs, and bake until the crumbs are browned—about 1 hour.

LAMB'S LIVER, CURRIED.—Cut it in convenient slices to serve, soak in salted water for 5 minutes, while an onion is frying in salt pork fat; take the liver from the water, dry in a cloth, then put it into a pan and fry brown on both sides. Have the fat hot, and fry quickly. When brown, add a little water or stock, dust with salt and a little curry powder, cover, and simmer 10 minutes.

LAMB, GRILLED.—Take a cold shoulder of lamb, and score the meat deeply at $\frac{1}{2}$ inch distances; prepare a teaspoon of salt, 1 of white pepper, a saltspoon of cayenne, a trifle of onion juice, and the strained juice of a lemon; rub this into the meat at night. In the morning, put it on a gridiron over a clear, coal fire, and thoroughly heat through; put on a hot platter and spread with softened butter. Send to the table with hot plates.

KID.—This is cooked in the various ways given for lamb, and is much like lamb after being cooked.

SHEEP'S BRAINS.—Remove the skin and blood vessels and put them in warm water for 2 hours; then put them in boiling water, containing a little salt and vinegar, and leave until firm; then take out and put in very cold water. Then drain, dry, brush with oil, and roll in crumbs, well seasoned with pepper and salt. Put slices of bacon on them, and bake in a well heated oven, basting frequently. When nicely browned, take up, put the slices of bacon on toast, and lay the brains on the bacon. Serve with tomato, Tartare, or some acid sauce.

MEAT ROLY POLY.

4 cups flour.	1 teacup milk.
2 teaspoons baking-powder.	1 teaspoon salt.

Do not use any shortening, but mix and roll out $\frac{1}{2}$ inch thick, and spread minced mutton, veal or chicken on it. Have the meat free from gristle, and season it with pepper and salt. Then roll the crust over and over, and put it on a buttered plate, and steam in the steamer $\frac{1}{2}$ hour. Serve for breakfast or lunch, giving a slice to each person, with gravy served with it.

PORK.

Pork, more than any other meat, requires to be chosen with the greatest care. If it is killed and the flesh eaten when in an unhealthy condition, those who eat it will probably pay dearly for their indulgence. Care should be taken that pork is thoroughly cooked, as it is most indigestible when under-dressed. Uncooked or under-cooked pork should on no account be eaten. Exposure to the temperature of boiling water effectually kills the trichina, but obviously every part of the meat, inside and out, must be fully heated to destroy *all* the trichina, and there is no safety without that.

To freshen salt pork or ham, after cutting in slices, soak it for a few hours, or over night, in milk and water, or in sour milk, which is quite as good; afterwards rinse it until the water is clear, before frying, and it will be as palatable as salt pork can be made.

BAKED HAM.—Cover the ham with cold water (after having thoroughly cleaned it) and simmer gently just long enough to loosen the skin, so that it can be easily taken off—in 2 or 3 hours, if the ham is large. After skinning, place it in a dripping-pan in the oven, and pour over it a teacup of vinegar, and 1 of water; put a little mustard in the water, and baste the ham with this while baking slowly for an hour; then cover the ham all over thickly with sugar, in which is mixed a tablespoon of flour, and bake slowly another hour *without basting*. This gives a nice, brown, glazed crust; when it has partly cooled, turn a flat dish on the pot, and put a weight on it, to get thoroughly cold. This latter process insures nice, smooth slices when cut. The juice of a lemon may be substituted for the vinegar, if preferred.

HAM BALLS.—With $\frac{1}{2}$ cup of bread crumbs mix 2 well-beaten eggs and some finely-chopped ham; season with pepper and a very little salt; make into balls, and fry in smoking hot fat.

BOILED HAM.—To boil a ham it must first be thoroughly washed and scraped in warm water, containing a little baking-soda; then rinse in cold water, put it over the fire, skin side upward in the kettle, with water enough to completely cover it; let it slowly simmer 3 or 4 hours, according to the size; if it cooks rapidly, it will break in pieces. When done, take it from the kettle and remove the skin while hot, leaving on all the fat; stick cloves all over the fat part, and put it into the oven, to brown a little. It should be entirely cold before it is cut. Both lean and fat should be served in carving, as many persons like the latter best. Mustard, spiced vinegar, catsup, or pickles, are used as condiments with this.

BROILED HAM.—Ham is better broiled than fried. Slice it thin, and broil the slices on a gridiron, and when done on both sides, place on a platter with a fried egg on each slice. It should be broiled over bright, hot coals, from 3 to 6 minutes.

HAM PATTIES.—Take 1 pint of cold boiled ham, finely chopped; mix it with an equal quantity of bread crumbs wet in milk to make a soft batter; put the batter in patty-pans, break a fresh egg over each pan, sprinkle the top of each dish thickly with cracker crumbs, and bake until brown on the top—about $1\frac{1}{4}$ hours.

ROAST PIG.—The pig should weigh 12 pounds at least, before dressing; the butcher should dress it, leaving on the head and feet, and clean thoroughly; the harslet should be sent with the pig. First cook the liver and heart by boiling about 20 minutes in a little salted water; then chop them finely. Cut a loaf of bread in slices and dip in cold water, chop, and add to the harslet; pour over it a teacup of melted butter, and 2 well-beaten eggs; season with pepper, salt, sage, and onions if liked. Mix all together, and fill the pig; then sew it together. Bend the front legs under at the knees, and the hind legs forward at the gambrel joint; put a stick in the mouth to keep it open, wind a cord around to keep the legs in place; put in the dripping-pan with a little water, and tin dishes on each side to keep it on the knees. Bake until done—2 to 3 hours. Baste frequently, using melted butter at first; do not let it burn. Put a small red apple or lemon in the mouth before sending to the table, and serve with baked sour apples.

ROAST PORK.—The loin, chine or spare ribs are best for roasting. Rub on salt, pepper and flour, and bake in a *moderate* oven; baste often. Time, about 20 minutes to the pound. It is best eaten cold.

BOILED PIGS' FEET.—The 2 front feet should be cleaned, scraped, and to keep them in shape wrap them tightly in muslin, and sew or tie it up; boil 6 or 7 hours moderately; then let them cool, take off the wrapping and they will be like jelly. They can then be split, rolled in crumbs, and broiled or fried. Some acid sauce should be served with them.

SPARE-RIBS AND CHINES.—These are usually too fat to cook in any other way than by baking or roasting in the oven; in this way much of the superfluous fat is drawn from them. Rub them well with a little fine salt, flour, pepper and pulverized sage, if liked; put them on the rack in the dripping-pan, containing a pint of hot water; the

ven must be hot, but not enough to scorch the meat; baste often. The meat should bake about 2 hours, or until it is well browned; then take it up, pour off the fat from the gravy, at one corner of the dripping-pan, and thicken the remainder with a tablespoon of flour or corn-starch; add a little water to make about a pint of gravy. Serve with sour baked apples, onions, potatoes and mashed turnips. Shoulder chine of pork, and loin, are cooked in the same manner.

Pork requires long and thorough cooking, for the texture of the flesh is close; fresh spare-ribs particularly require it, to extract all the superfluous fat, and it should be roasted or baked until of a rich brown color.

CHINE OF PORK.—The chine of an animal is the back-bone with the meat attached, and *griskin* (a term obsolete in this country) is used in England to designate the back-bone of swine, and particularly that part lying between the shoulders of the animal. The chine of pork is more often divided into "fore loin," that part lying between the shoulders; "spare-ribs," or that part containing the long ribs, and "hind-loin," or small part of the spine just above the hams. In England, the hind-loin is sometimes called a chine when the bone is uncut and the two sides of the loin are in one piece, corresponding to the "baron of beef," or "saddle of mutton." In England these are all roasted, but in this country (the land of Yankee cooking-stoves) all divisions of the chine are cooked exactly like the middle pieces or spare-ribs.

PORK CUTLETS.—Take the remains of cold baked pork and cut it in nice pieces of the right size to serve; put a little of the cold fat in a frying-pan and let it get hot; fry a sliced onion brown, then lay in the cutlets, and fry them a light brown in the fat with the onions; take them up, and make a gravy with a little corn-starch and cold water; season with salt and pepper, and when thickened, pour it over the cutlets and serve.

PORK AND EGGS.—Cut 2 or 3 slices of salt pork in dice, and fry, often turning it over and over with a fork; then break 5 or 6 fresh eggs and put them in the pan with the pork; stir all together rapidly, and cook until the eggs are set.

PORK RECHAUFFÉ (*Reheated*).—Cut finely, cold roast pork, put a layer of this in the bottom of a pan or pudding-dish and season to taste; then a layer of bread crumbs, another layer of cold pork, thus fill the dish; have a layer of fine crumbs on the top, but before putting them on, pour into the dish enough broth or water to moisten the ingredients; then put crumbs on the top, and bake until brown on top, about $\frac{3}{4}$ to 1 hour. Cold baked or roasted pork is more often served cold, nicely sliced, and sent to the table with hot baked, or mashed potatoes.

PORK STEAKS.—Take slices of fresh pork that have the fat and lean well blended, put on a hot gridiron and broil it thoroughly, over a clear coal fire, turning often, and lifting if the dropping fat

blazes to scorch the meat; put it on a hot platter, sprinkle with salt, and send in with baked potatoes.

FRIED SALT PORK.—This is a most excellent dish when properly prepared, for those who are blessed with a good digestion. The pork should be of the best quality and “clear fat.” Cut the slices nearly $\frac{1}{4}$ of an inch thick, take off the rind, put in a hot frying-pan, and fry until crisp. Place the pork around the edge of the platter, fry a few eggs for the center, and serve. Salt pork is sometimes dipped in flour or yellow corn-meal before frying, and is excellent. After taking up the pork, a nice milk gravy can be made by adding corn-starch or flour to milk; pour it into the hot fat from the pork, and stir until it is thickened and well blended. This gravy is good with new potatoes; also delicious with buck-wheat muffins.

SOUSE.—Clean the ears, feet and gristly part (not the fat) of the pig’s head; let them soak 12 hours in brine, then take out, scrape clean, and soak again in fresh brine. Then wash, put them in cold water, and boil gently until the bones loosen from the meat. Then put the meat in jars (not earthenware, or the vinegar will act on it) and cover with boiling hot spiced vinegar.

SOUSE PIE.—Cut the toes from the pig’s feet, and use the legs up to the ham. Soak and clean well; cut in pieces, and boil in water to cover, with a little salt, until tender. Add a little boiling water from time to time as it evaporates, and turn the meat from the bottom of the kettle with a skimmer to prevent burning. Take out the meat when done, and remove the bones; put the meat in a pan, or large pudding-dish, adding a little more salt if necessary; thicken the broth with corn-starch and pour over the meat; cover it with baking-powder biscuit dough, and bake until the dough is well browned. Cheap and good. *Time*, altogether, 4 or 5 hours.

SALT PORK DINNER.—Cut enough slices of salt pork to cover the bottom of the frying-pan; take off the rind; pour hot water over the pork and turn it off immediately; dip each slice in flour, and fry it brown on both sides; take it up on a platter and keep warm. Pour nearly all the fat into another frying-pan and fill it with sour apples already sliced, with the skins on. Sprinkle the apples with a little salt, and cover tightly with a deep, white pie-plate; stew until the apples are soft. In the meantime add a pint of sweet milk to the fat left in the first pan; let it simmer, then thicken with a little flour or corn-starch, and send it to the table in a bowl or gravy-boat. Serve with new potatoes and sweet-corn.

PORK WORST.—Cut a pig's head in pieces, and soak, with the liver and heart, over night in slightly salted water. The next morning wash and put it over the fire to cook slowly, in just water enough to cover it. When the bones will separate, take them all out, and cut the meat in very small pieces; return to the kettle, add salt, pepper, and any sweet herbs liked; then thicken it to the consistency of mush, with flour; fill square baking-pans with it, and let it get cold; then slice, dip in flour, and fry in salt pork fat.

HEAD CHEESE (*English Brawn*).—The cheeks of pig's heads are reserved for salting with the hams and shoulders; the remainder is cut in pieces and soaked over night in salted water; the next morning wash thoroughly, and put over the fire in a kettle with just water enough to cover the meat (the cleansed pig's feet may be added). Simmer slowly until the bones will easily separate from the meat, then take it up in a pan and pick out every bone; cut the meat in small pieces, season to taste with salt, pepper, and sifted sage; pour over the broth from the kettle, and put it in a cold pantry to harden. When thoroughly cold, remove the fat from the top of the pan, cut in slices, and serve with hot baked, or mashed potatoes.

SAUSAGES, TO COOK.—Sausage cakes are usually fried; when they are in skins, they should be pricked to prevent them from bursting, and they should be turned on all sides to insure thorough cooking. Sausages, especially those made of pork, should always be well cooked, and should never look red in the center when cut. They are best baked, as they are then cooked slowly and are more thoroughly browned than when fried. Serve with baked potatoes, or mashed potatoes and other vegetables. The large Bologna sausages, made of beef mostly, require a long and thorough boiling for 3 or 4 hours; they are then dried and smoked. They are usually prepared and cooked by the butcher, and are eaten cold. The best thing to serve with pork sausages is apple-sauce. They garnish a roast turkey nicely.

POULTRY.

In selecting poultry, choose those which are plump, but not too fat. If they are young, they should be firm to the touch. If the bone across the breast above the hollow skin is hard to the touch, the bird is old; in young ones it is more like gristle. White-legged birds are given the preference by some, because they look better on the table, but black are equally good eating. Dark-fleshed game can be

eaten rare, but the white-fleshed should always be well done. In preparing poultry great care is required not to break the gall-bladder, for if it is broken, the gall will leave a bitter taste on every place it touches, which cannot be washed off.

Young poultry has not an excess of fat unless it has been "crammed" for that purpose, in which case it should be avoided, as that process affects the health of the fowls.

Slightly Tainted Meat.—Poultry and all meats should be cooked immediately if the least sign of taint appears; give it first a thorough washing in soda water, then a rinsing in clear water to which a little vinegar has been added; then either bake or roast it, as that mode of cooking drives away bad odors from meat better than any other.

Onion.—It is better to leave onions out of all meat dressings, unless you are sure they are liked by all at the table. A rich onion sauce can be sent in with them, or boiled onions served as one vegetable, for those who like them.

Overcoming the Strong Smell of Old Fowls.—If old fowls are washed in warm soda water, the strong smell will be overcome.

If a roast fowl cannot be served as soon as it is done, put it over a kettle of boiling water and put a dripping-pan over it, which will keep it from drying up.

The Garnishes for Fowls.—These are parsley, water cress, horseradish, slices of lemon, slices of ham, fried oysters or sausages, and forcemeat-balls.

To Draw a Fowl.—Place the fowl on its back, and make a slit lengthwise in the skin of the neck from the body to the head; free the neck from the skin, and cut off the neck as close to the body as possible; then cut the skin, leaving a flap at least 3 inches long hanging to the breast. Loosen the crop and the windpipe, and insert the first finger, keeping it close to the inside surface of the body; work it round, breaking all the ligaments with which it comes in contact, thus loosening the contents of the carcass. Be careful not to thrust the finger into the centre, for if the gall-bladder is broken, the gall will impart a bitter taste to whatever it may touch. Turn the bird, slightly enlarge the opening at the vent, insert the finger, and loosen the insides from the carcass at that end. Turn the bird again, and place it on its back; press the breast with the thumbs, and push out the gizzard by the hole at the vent; take hold of it and pull steadily, when the whole of the interior should be brought away entire. If all the insides are removed, little washing will be needed. Wipe it out with a damp cloth, or rinse quickly and wipe dry. If the breast bone protrudes too much, put a cloth over

it and beat it down flat, putting something like a pestle inside to pound on.

To Truss a Fowl.—After stuffing the fowl, sew the skin of the neck over the back. Then run a long skewer through the pinion and then through the body and out through the other pinion, pressing them close to the body. Also press a skewer through the thigh and body and out through the other thigh. Pass a string over the projecting ends of the skewers and tie it firmly at the back, to keep the bird firmly trussed. The legs can be crossed over the tail and firmly tied. The wings and thighs can be tied in place by winding a string around the body, if you have no skewers; cut the string off carefully when done, so as not to tear the flesh.

Boned Poultry.—Cut through the skin down the center of the back, and raise the flesh carefully on either side, with the point of a sharp knife, until the sockets of the wings and thighs are reached. Until a little practice has been gained, it will perhaps be best to bone their joints before proceeding further; but after they are once detached from it, the whole body may be easily separated from the flesh, and taken out entire; only the neck, bones, and the merry-thought will then remain to be removed. The fowl thus prepared may either (1) be restored to its original form by filling the legs and wings with stuffing; the body of the bird, also, should be filled with stuffing, and then the skin on the back should be sewn together, and the fowl trussed as usual. Or (2) the legs and wings may be drawn into the body, and the remaining space be filled with the dressing.

Plain Dressing.—Take slices of stale bread (do not remove the crusts) dip it in *cold* water, and chop in the tray; season with salt and pepper, and for $\frac{1}{2}$ loaf of bread soften a teacup of butter and stir into the bread; add a beaten raw egg and stir that in well. Fill the cavity in the fish or meat, but do not crowd it in; sew up, or wind the meat with a string, and when done, this will be light and crumbly—not pasty, as when made with hot water, nor hard, as when stuffed into the fish or fowl. This is excellent for fish, poultry, game, etc.

Poultry Stuffing.—Take a loaf of light bread, chop fine; add a little melted butter, or cream, and 2 eggs. Some savory summer celery leaves improve it often, with warm water and milk.

Various Stuffings.—For fowls a variety may be had by adding to the plain dressing, dates, stoned raisins, chopped celery, etc. A little ingenuity will devise many varieties.

Oyster Stuffing.—Take a small loaf of baker's bread, remove the crust, and crumb the bread very fine; pour on hot water enough to moisten it, and cover it tight. Chop 1 large onion and a qt. of oysters, take $\frac{1}{2}$ cup of melted butter, 1 teaspoon of powdered sage, and salt to taste. Mix all together, and if the oyster liquor does not make it moist enough, add a little more hot water.

Chestnut Stuffing.—Blanch, boil, and mash, 12 large chestnuts. Cook the liver of the fowl, mince it fine, and add the yolks of 2 eggs, 1 teaspoon each of salt and minced onion, 1 tablespoon chopped ham, 2 tablespoons grated bread, a little lemon juice and white pepper; mix all with the mashed chestnuts, and use for stuffing.

The chestnut is said to have come originally from Lydia. It has been used for food from very ancient times. It attains a great age. As a food it is the least oily of all the nuts, and the easiest of digestion. It contains 15 per cent. of sugar, and a large proportion of starch. They can be preserved so as to keep good for years. The tree called horse-chestnut is altogether different and its fruit is not suitable to eat.

BOILED CHICKEN.—Pluck, singe, wash, and bone them, fill with any dressing liked; do not crowd in the dressing; sew up, and boil gently for an hour or more. To prevent the skin from breaking, roll each one up in a separate cloth. For salads, and cold sliced chicken, they may be boiled in a kettle with the water slightly salted, and without the dressing. Boil until the meat will start from the bones, and let them get entirely cold before cutting for salads; then they can be skinned and all the meat served in a much nicer manner than when the bones are taken out before cooling.

CHICKEN FRICASSEE.—Take 2 young chickens, cut them up, put them in a stew-pan, merely cover with cold water, cover with the pan, and stew until tender; then season with salt and pepper, and 2 tablespoons of butter. A little celery can be added if liked. Add 2 tablespoons of flour, wet with a little milk or water, and the well beaten yolks of 2 eggs, which are mixed with a little of the cooled gravy, before being added; bring all to a boil, and then put the chicken on a warm plate, and pour on part of the gravy, sending the balance to the table in a boat. If old fowls are used, they will need longer stewing than chicken—3 or 4 hours being none too much.

SOUTHERN FRICASSEE.—Cut up chicken as for a fricassee. Dry each piece and dip in beaten egg and roll in cracker dust; season with pepper and salt, and fry each piece very brown in half butter and half lard. When well browned, add 1 cup of hot water,



CHESTNUT.

cover and simmer $\frac{1}{2}$ hour. Then take out chicken and put on plate in warming oven. Have ready a bowl of rice—cooked; put it into frying-pan which the chicken liquid has simmered in, add 2 tomatoes, chopped fine, a chili pepper, also chopped fine. Toss all together lightly with a fork. Pile high in the center of platter and lay around it the pieces of fried chicken; garnish with stoned olives.

CHICKEN CHEESE.—Take 2 chickens, boiled tender, chopped not too fine, and seasoned with salt and pepper. Boil hard 3 or 4 eggs, and slice, with which line molds and pour in the chickens, adding the liquor in which they were boiled. When perfectly cold, slice for luncheon, or Sunday tea, or for sandwiches.

ESCALLOPED CHICKEN.—Cut cold boiled potatoes into irregular pieces; remove all the meat from a cooked chicken and cut it into small pieces; make a sauce of 1 pint of milk and 1 beaten egg, seasoned with a little salt and pepper; put a layer of the meat in a pudding-dish, then a layer of potatoes, and sauce to cover them; another layer of meat and potatoes, and cover the whole with cracker crumbs, moistened with melted butter; bake $\frac{1}{2}$ an hour.

CHICKEN LOAF.—Boil 2 chickens in as little water as possible to cook them without burning, until the meat will drop from the bones. Remove the meat from the bones and cut it fine without chopping. Put it back in the kettle, with plenty of butter, pepper and salt; heat it thoroughly. Slice a hard-boiled egg in the bottom of a dish, pour the chicken over it hot, place a weight upon it and set in a cool place. When cool, it will come out in a form.

CHICKEN AND OYSTERS.—Take a nice, tender chicken, and split it down the back, and after cleaning it well, pound all the bones flat; wash and wipe it dry; season with pepper and salt, and fry in sweet lard until tender and brown on both sides; put it on a platter and keep it warm. Make a gravy in the pan (after pouring out the fat) with $\frac{1}{2}$ pint of water, a piece of butter, and flour for thickening, or use $\frac{1}{2}$ pint of cream without the butter, if preferred. Have ready about 25 large oysters washed clean in salt and water, then dried in a towel, and add them to the gravy when it comes to boiling; plump them in the hot gravy, and pour on the dish of chicken. Serve hot. *Time*, about $\frac{1}{2}$ hour.

CHICKEN PATTIES.—Take 1 pint of cream, 1 tablespoon of corn-starch, 1 pint of cooked chicken, chopped coarsely. Let half the cream come to a boil in a stew-pan. Mix the remainder of the cream with the corn-starch, and add as soon as it boils; when this

thickens, take off the fire, add the chopped chicken, and season to taste with salt, white pepper, and any other seasoning liked. Line patty-pans, small saucers, or sauce-plates, with rich pie-crust, and bake. When all is cold, place a heaping spoon of the chicken on each crust and serve.

CHICKEN PIE.—Cut the chicken in small pieces as for frying, and stew in just water sufficient to cover it, with a little salt, until the meat begins to separate from the bones; take it out, pick out the bones, and put the meat in a tin pan or large pudding-dish; season the gravy with a little more salt, if needed, and a little white pepper, then thicken with a little corn-starch; add a lump of butter if the chicken is lean, and pour the gravy over the chicken. Make a rich baking-powder biscuit dough, spread it with the hands until it is large enough to cover the pie, place it on the meat, and cut a large cross in the middle of the crust; bake until the crust is a rich, golden brown ($\frac{3}{4}$ to 1 hour), but do not have the oven hot enough to scorch it.

Dangerous Gases in Meat Pies.—If the pie is cut and eaten hot, there will be no danger of its being poisonous—if set away to cool, be sure that there is an opening in the center of the crust *down to the meat*, for the escape of the steam and gases while cooling. The rising of the crust while baking, sometimes closes the opening in it, and the slow cooling, and confined gases, cause it to be unwholesome. This should be especially guarded against with *all* meat pies. Meat pies are those made entirely of meat and crust, while *mince pies* are made of minced meat, apples, fruit and spices.

MEAT PIE.—Take cold turkey, chicken, or any cold meat chopped fine; season with salt, pepper and gravy; lay pie-crust around the edge of a platter, and cover the same; bake a nice brown in the oven. *Time, $\frac{1}{2}$ to $\frac{3}{4}$ hour.*

PRESSED CHICKEN.—Boil 2 or 3 chickens and use what is wanted for dinner—then take what is left and boil until it will drop from the bones easily. Remove bones, and let the liquor boil down if there is too much; then add the meat, and season with pepper and a little cinnamon. Put in a square tin to press. It is easily made, and is very nice for Sunday lunch.

CHICKEN AND RICE.—Take fricasseed chicken and remove the bones from the largest pieces, leaving the others in. Cover the bottom of a small pudding-dish with cold boiled rice, then put in a layer of the chicken, sprinkled with salt and pepper; then more rice,

and so on until the dish is full. Have the last layer rice. Put in the gravy that is left, and cover the whole with the yolk of an egg well beaten. Set in the oven and bake until it is light brown. *Time, $\frac{3}{4}$* to 1 hour.

CHICKEN SHORTCAKE.—Cut the meat from the largest pieces of cold stewed chicken and remove the bones (the wishbone and other small pieces may be left whole); heat, adding more gravy, if necessary, and when hot pour it on a shortcake, cut in pieces made as follows: *Shortcake.*—Mix 2 teaspoons of baking powder with 2 cups of flour. Rub into it a small $\frac{1}{2}$ cup of butter, and then add 1 cup of sweet milk. Bake in a quick oven in a thin sheet.

CHICKEN SUPREME.—First skin, then carefully cut the breast meat from 2 full grown chickens; divide each side of the breast meat into 2 long fillets—this will give 8 pieces, and is sufficient for a party of that number; flatten them by rolling with the rolling-pin until they are about an inch thick, then broil over a clear coal fire until they are thoroughly done and well browned; sprinkle with salt and white pepper, place on a hot platter, and spread with butter. Garnish with parsley, and serve with currant jelly, or any meat sauce preferred. These fillets can be stewed tender in a little water, and served with Bechamel sauce. The remainder of the fowls can be used for a stew, chicken pie, or chicken fricassee.

CHICKEN TARTS.—Mince cold chicken very fine, and season with pepper and salt to taste. Boil 1 cup of milk with $\frac{1}{2}$ an onion and a blade of mace in it; when it is scalding hot, take out the onion and mace, and stir in a thickening made of 1 teaspoon of flour wet with cold milk. When it has boiled a few minutes, mix in 2 cups of chopped chicken. Have ready some rather large tarts made of puff paste, and put a spoonful of the mince in each.

CHICKEN AND TOMATOES.—Prepare chicken as for a fricassee, with a few slices of salt pork and a small onion, sliced; cover them with water and let them simmer slowly; when nearly cooked add 4 medium-sized tomatoes, peeled and sliced, and a little salt and pepper, and cook $\frac{1}{2}$ hour longer. Arrange the chicken on a platter with some toasted crackers, and pour the broth over the whole and serve.

FRIED FOWL.—Cold roast or boiled fowl can be dipped in batter and fried. Make the batter of 4 heaping tablespoons of flour, 1 egg, $\frac{1}{2}$ cup of water, and 2 tablespoons of salad oil. Add the water to the flour gradually, stirring it smooth; then beat in the yolk of the

egg, with $\frac{1}{2}$ teaspoon of salt, and just before you want your batter, stir in the beaten white; some flour may require a little more water. Dip each piece of chicken in the batter, and fry a light brown.

TO MAKE OLD FOWLS TENDER.—Take an old fowl and stew it from 2 to 4 hours according to our directions for stewing; then roast it in the oven, basting frequently. It will make an old fowl 5 or 6 years old, tender and equal to a chicken. Try it.

FOWLS RECHAUFFÉ (*Reheated*).—Cut up a cold fowl, taking off the legs and wings, and dividing the fowl in pieces. Season bread crumbs with pepper and salt, and minced parsley; mix all together and lay over the pieces of fowl in a dripping-pan, and brown them in the oven. While that is taking place, make a gravy of butter and flour in $\frac{1}{2}$ pint of water or broth; add a tablespoon of catsup and let it come to the boiling point; place the warmed fowl in a dish to serve, pour over it the hot gravy, and send to the table immediately. Good for breakfast. *Time*, about $\frac{1}{2}$ hour.

MINCED FOWL.—Cut the meat from the bones, and put them on to boil with the bits of skin which are left, and an onion, in enough water to cover them. When they have boiled until you have a cup of strong stock, strain and pour in a cup of hot milk, with pepper and salt; then stir in 2 cups of minced fowl, and serve with chopped parsley sprinkled over it.

STEAMED FOWL.—Place a fowl in a close steamer and cook 1 hour. Then remove the steamer, rub well with salt, and stuff as for baking; steam again until perfectly tender, then place it in a baking-pan, rub with flour and butter and place in the oven until brown, basting often with butter. Use some of the liquor in the steamer for gravy by adding it to the butter in the dripping-pan; thicken the gravy with flour, and add the chopped giblets and a little celery salt. *Time*, 2 to 3 hours.

GUINEA FOWLS.—They are better when a year old and under, for the old fowls are apt to be tough and dry. Guinea fowls are cooked in various ways in the same manner as the common domestic fowls.

GIBLETS.—These are the liver, heart and gizzard of fowls, with the feet, and long, bony part of the legs, and the tips of the wings. Carefully cut away the gall sack from the liver, peel the hard lining



GUINEA FOWL.

from the inside of the gizzard, and remove the veins, arteries and enveloping membranes from the heart; throw them in cold water and wash well. Boil them $\frac{3}{4}$ hour in slightly salted water sufficient to cover them. Take them up, cut in small pieces, or chop, thicken and season the gravy and return the giblets to reheat; then serve as giblets stewed. Or they may be baked in 2 crusts as "giblet pie." Giblets are also chopped, added to the gravies, and served with the fowls they were taken from. Scald and scrape the legs and feet for the soup-kettle—they are rich in gelatine.

ROAST DUCK.—Choose ducks that are plump, and have yellowish feet; dress like other poultry, taking care to get off all the down. Fill the body with seasoned dressing, sew up, and bake or roast, basting often. *Time*, 20 to 40 minutes. They are often parboiled before being baked, as that lessens the strong taste. They can also be stuffed with apples which absorb the strong taste and should not be eaten on that account. Celery should be served with roast duck, and any of the piquant meat sauces liked best.

Wild ducks are cooked in the same way as the domestic variety, but if the bones are solid and show indications of age, they are better stewed, or boiled and made into side dishes.

GEESE.—Geese are called green until they are 4 or 5 months old. They are dressed, singed, trussed, and roasted in the same way as chicken, carefully basting them while baking or roasting. Cook until they are thoroughly browned on both sides, and the English sauce for them is made of gooseberries, as their name indicates. The remains of baked green goose is made into entrees, side dishes, hashes, etc., in the same way that other cold poultry is re-warmed. *Time*, 1 to $1\frac{1}{2}$ hours according to size.

ROAST GOOSE.—It is better to keep the goose a few days after coming from the market, but do not let it come to the slightest taint. Pluck, singe, draw, and wash thoroughly; then fill the cavity with a dressing made with sage and onions, if liked, or a plain bread and butter filling may be used. Sew up, and bake or roast in a moderate oven until a golden brown on both sides. Baste often; use butter and flour when nearly done. The goose is sometimes parboiled before baking. The oil which runs out will be too strong for gravy. Serve apple sauce with the goose. *Time*, if small, $1\frac{1}{4}$ hours; if large, $1\frac{3}{4}$ hours.

Goose Stuffing (Soyer's).—Take 4 apples, peeled and cored, 4 onions, a little sage and thyme; stew until soft, then pulp through a sieve; add a sufficient amount of mashed potato to fill the bird. The stuffing should be well seasoned with salt and pepper.

BOILED TURKEY.—Draw and clean the turkey, then bone and nearly fill the inside with veal force-meat; thrust a trimmed boiled tongue down the middle of the force-meat, and sew up the turkey securely; truss and put it as near as possible in the original shape. Sew it up in a buttered cloth, and boil very gently to prevent it from bursting. *Time*, 3 to 4 hours, according to the size. *To carve*, cut across the breast, so as to give each person a slice composed of equal parts of tongue, turkey and force-meat. Turkeys dressed in this fashion, covered with Bechamel sauce, and garnished with aspic jelly, form an elegant dish for ball suppers.

BONED TURKEY, BOILED.—Chop finely about a pound of veal, and $\frac{1}{2}$ pound of salt pork; roll 3 crackers, add 2 eggs well beaten, with a little chopped parsley; salt and pepper to taste; mix, and fill the turkey, not crowding it. Sew it up and roll in a cloth; boil from 3 to 4 hours, then press by putting it on a platter, turn another platter over it, and place a weight on the upper platter, until cold. Take a quart of the broth in which the turkey was boiled, add an ounce of gelatine which has been soaked in a little cold water, and the juice of a lemon; place it in a dish about an inch deep; when solid, cut $\frac{1}{2}$ of it in inch squares to lay over the top of the turkey; beat the other half with a fork and place around the turkey. Sausage meat of fresh pork, highly seasoned, may be used for filling, instead of the veal and salt pork.

ROAST TURKEY.—After drawing the turkey, stuff it with bread, oysters, or any other stuffing desired; then sew it up, truss, and rub with butter, and sprinkle on pepper, salt and flour. Put it in to roast, having the oven hot at first; then reduce the heat and put 2 cups of water in the dripping-pan. Baste frequently, and each time dredge on salt and flour. It should be cooked thoroughly, roasting about 20 minutes to the pound, and 20 minutes extra. Cranberry sauce and currant jelly are the best things to serve with roast turkey.

Giblet Gravy can be made for turkey by boiling the giblets till very tender (begin to boil them early); then chop fine, and add salt, pepper, and sufficient flour to thicken. When the turkey is removed from the pan, pour on the giblets sufficient gravy from the pan, and boil it. Make an ordinary gravy with the balance left in the pan, as some do not like giblet gravy.

TURKEY CHEESE.—This is an excellent way to cook an old turkey too tough for roasting. Have it dressed in the usual way, and let it hang in the larder for a few days if the weather is cold. Singe,

wash, and cut it in small pieces as for a fricassee of chicken; put it in the dinner-pot with just cold water enough to cover it, put on the fire, and let it come to boiling; then add a tablespoon of salt and set the kettle on the back of the range, where it will gently simmer until the meat will separate from the bones. At this stage, remove the kettle from the fire, take out the turkey into a pan or deep earthen dish, remove all the bones, cut the larger pieces of meat into smaller portions, season with more salt, if needed, add pepper and herbs, if liked; then pour the liquor from the kettle over it, and let it get cold before using it.

TURKEY RAGOUT.—Cut all the meat left from roast turkey, in as large pieces as it will allow. Break up the bones, put them in a stew-pan, with cold water to cover them, boil an hour, strain out the bones; season the liquid with pepper, salt, a little chopped celery or celery salt; stir in a thickening made of a spoonful of flour rubbed smooth in a little cold milk, $\frac{1}{2}$ a cup of milk, and butter the size of an egg. Stir over the fire constantly until thick as cream put in the cold turkey, simmer five minutes and serve.

A GOOD BREAKFAST DISH.—A fine breakfast dish can be made by frying the livers of chickens or turkeys with a few thin slices of bacon. Cut the liver and bacon very thin; season with pepper and salt.

GAME.

Game is young if the bones of the legs and wings break easily, and if the skin is tender.

All water birds should be eaten as fresh as possible, as their flesh is oily, and soon becomes rank. If there is a large quantity of game on hand at one time, it will be well to cook the young game first, and the old, 1 or 2 days later, as old birds will keep longer than young ones. Old birds also need longer cooking. Young game cooks rather more quickly than poultry, and the flavor is best retained by cooking it plainly. The rule is, that while dark meated game may be rare, white meated game should be well done.

Game, like all meat, should not be washed, unless it is really needed, and should never be left in the water, because, as we have elsewhere explained, the water will draw out the juices.

Game drawn with care only needs wiping. It is best to dry-pick birds, using care, and taking off all the feathers which can be readily

removed; then plunge into boiling water, skin, draw, and finally wipe carefully. Wild ducks and geese, however, are so oily that they should be washed with warm water and soap, as anything less effectual will not cleanse them properly. The objectionable flavor of wild ducks comes from the oil in the skin; if it is very strong, they can be skinned; then spread with butter, dredge thickly with flour, and put in a very quick oven to roast.

The directions for "drawing" and "trussing" given for poultry, will apply equally well for wild fowls.

Overcoming the Wild Flavor.—It is sometimes desired to overcome the wild flavor in the large birds, as it is disliked by some people. There are various ways to do this: (1) Take a lemon, take off the peel, and lay it inside; renew it every 10 or 12 hours, and continue for 1 or 2 days. From most game this will absorb the unpleasant flavors. (Probably the best plan.) (2) Ducks, geese, prairie chickens, pheasants, etc., may lie for 10 or 12 hours in salt and water. (3) They may be put in soda and water for 2 or 3 hours. (4) Parboil in water containing 1 or 2 onions.

Restoring Tainted Game.—If game becomes slightly tainted, it should at once be picked clean and put into milk for a full day (24 hours) keeping it entirely covered; this will sweeten it, and it should be cooked at once.

Most game is kept as long as it can be without becoming tainted, as it is thought the flavor is thereby developed.

Game is less fat than butcher's meat, and is generally considered very nourishing; it is easy of digestion and is valued in the sick-room. This does not apply to wild fowl, however, which have close, firm and rather oily flesh, and are, therefore, unsuited to weak stomachs.

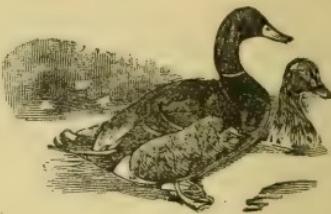
The garnishes for the larger game, like wild ducks, etc., are parsley, slices of orange or lemon, cranberry or apple sauce; while for small game, the most common are parsley, toast, currant jelly, and slices of lemon. Currant, grape, or any acid jelly, is suitable to serve with game.

Cranes, Plovers, Snipes, Herons, Prairie Chickens, Quails, Pigeons, Wood-cocks, and all small game, are cooked in much the same way as spring or broiler chicken—that is, if the game is young, which will be known by the tenderness of the bones, and the freshness of the feet. They can be broiled, fricasseed, stewed, etc., in the same manner as poultry.

Old game should be parboiled before roasting, as that is the better way of cooking old game or poultry.

BLACKBIRD PIE.—Take 1 doz. blackbirds, reedbills or other small game; skin and draw them, cutting off the heads and feet. Put a bit of bread, buttered, peppered, and salted, into the body of each bird; place them in a pudding-dish with thin slices of cold, boiled, fat salt pork; add a little cold water, cover them with rich pie crust $\frac{1}{2}$ inch thick, and bake thoroughly in a moderate oven. *Time*, 30 to 40 minutes.

WILD DUCK.—Pick the ducks carefully, and thoroughly singe off the down, then rub them with a coarse cloth. Split them open down the back, wash clean, and dry them with a cloth; pound flat with the potato-masher, or rolling-pin, and broil; turn often on the fire, which must be clear and bright. Have a little wisp, made of a bit of linen, tied on a clean stick, and rub them with melted butter every time you turn them. Serve hot. *Canvas-back ducks* should be served on hot plates, and eaten as soon as possible after being taken from the fire. Serve with celery mayonnaise.



WILD DUCK.

PARTRIDGES.—*Boned.*—Bone the birds, and lard with thin slices of salt pork; stuff with oysters, roll up and tie; place in a dripping-pan with a little hot water and butter; bake in a moderately hot oven until well browned, basting often. Serve with mushroom sauce and mashed potatoes and garnish with slices of lemon and parsley. *Time*, about $\frac{1}{2}$ hour.

Roast Partridges.—Pick, draw, and wipe clean; then fill with turkey dressing; truss them in shape and put in the dripping-pan with a little water; lay on the birds thin slices of fat salt pork. Roast about an hour, basting often; when done thicken the water in the pan, add more seasoning if needed, place the partridges on a hot platter, and pour the gravy around them, or send it to the table in the gravy boat, with a garnish of parsley around the birds on the platter.



PARTRIDGE.

PIGEONS.—*Roast.*—These to be good should be cooked soon after being killed, and should be dressed and drawn immediately.

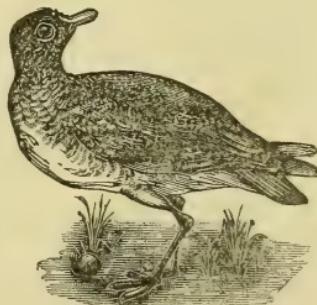
Wash them thoroughly and wipe them dry; spread a lump of butter on a bit of bread and place it in the cavity of each bird; truss them into shape, cover the bottom of the baking-pan with very thin slices of salt pork, place the pigeons in the pan with the backs down, and put a little water in the pan; roast in a hot oven until they are done, and of a nice brown color; they should be basted often. *Time*, about 20 to 30 minutes. *Garnish* the pigeons with the bits of pork, slices of lemon and parsley. Make a gravy in the pan, and send it to the table in a gravy boat, with the pigeons. The juice of a lemon dripped over the birds after they are on the platter adds to their delicacy.

Pigeon Pie.—Line a pie dish with thin slices of fat bacon, place on this the pigeons cut in quarters, three pigeons to a pie. Fill the interstices with veal taken from the loin or leg (of course uncooked); season with pepper and salt, and proceed as to the crust in the same way as for other meat pies. *Time*, about 1½ hours.

Squabs (Young Pigeons).—Dress in the same manner as for “broiler” chicken; split down the back, pound flat with the rolling-pin, butter the broiling-iron, and cook over clear coals until a delicate brown, turning often. Sprinkle with a little salt and pepper when done, and spread with butter, and keep hot on the top shelf of the oven until ready to set on the table. *Time*; 4 to 6 minutes.

PLOVER.—*Fricassee.*—Dress, wash clean, and put to stew in just water to cover them; boil slowly for an hour, then add a little salt, and boil the water out rapidly, to brown the birds in the kettle; watch that they do not burn. Take out, put bits of butter on the birds and keep hot. Make a brown gravy in the kettle, pour over the birds, and send to the table.

Fried Plover.—Skin the birds, reserving only the breast and legs—the remainder can go into the soup-kettle—wash and wipe them dry; roll in flour or bread crumbs, put in a hot, well buttered frying-pan and fry until nicely browned on both sides; place on a hot platter, spread with butter, and sprinkle with a little salt and pepper, and keep the platter hot while making a gravy. Add more butter for the gravy, to that in the pan, and $\frac{1}{2}$ pint of hot water. Mix a little cold water with a tablespoon of corn-starch, stir rapidly until it thickens, season with salt and pepper, and



PLOVER.

pour it over the birds. Serve with wild grape jelly, or some nice meat sauce.

PRAIRIE CHICKEN.—Cut out the breasts, cut each one in two, rub with butter, broil, season with salt and pepper, and serve on buttered toast; garnish with currant jelly. If for breakfast, serve on fried mush. The balance, except the breast, is apt to be tough, and is best if first parboiled; then rub with butter and broil as above. They are often split open at the back, rubbed with butter and broiled, but we think the above the best way.

QUAIL.—*Broiled.*—Pick, draw, and split down the back, then wash and wipe dry; pound flat with the rolling-pin, or a flat-iron covered with a cloth; broil slowly, and baste often with butter. Serve on toasted slices of bread, richly buttered. *Time*, 4 to 6 minutes.



QUAIL.

QUAIL PIE.—Take 8 or 10 quails, cut each in two, and lay in salt water for 2 hours; then put them in a saucepan with 1 large onion, 2 chili peppers, some parsley, cut fine, salt and black pepper; cover with water, and stew until tender; then add $\frac{1}{2}$ lb. butter, 2 tablespoons flour, and simmer for a few minutes; season with a little lemon juice and mushroom catsup. Place in a pan, cover with puff paste, and bake. *Time*, about 1 hour.

SMALL BIRDS.—A method of treating small birds which is liked by many, is to halve sweet potatoes lengthwise, scoop out a depression large enough to receive half a bird, or if very small, a whole one. Put in the dressed bird, season with pepper, salt and butter, put on the other half of the potato, tie it, and bake till soft. Serve in the potatoes; garnish with green leaf. Reedbirds, etc., are nice this way. Small birds can also be fried in hot fat, or roasted, broiled or stewed.

SNIPE.—Treat the same as Woodcocks.

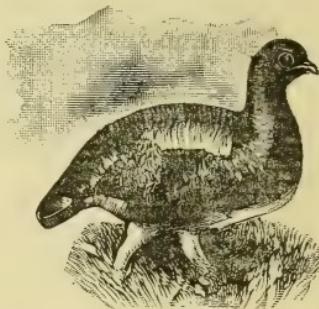
WOODCOCK.—Pick the birds, draw the trail, and wipe clean. Tie the legs, remove the skin from the head, turn the head under the wing and tie, also tying a thin slice of bacon on the breast. Fry in hot lard 2 or 3 minutes. Season, and serve on toast, with currant jelly. If preferred, it can be prepared the same way and roasted in the oven. *Time*, about $\frac{1}{2}$ hour.

Salad of Woodcock.—This is made of cold roast woodcock. Cut the birds into small neat pieces to serve, and keep the remainder—all the bones and trimmings—for the soup-kettle. Simmer until the meat comes off the bones, with herbs, a little salt and pepper. Add also any gravy left from the day before. Strain through a colander, and return to the kettle. Thicken with a little corn-starch and put in the pieces of woodcock to get hot in the soup. There should be about enough of the soup for a plenty of good gravy. Croutons, or strips of toasted bread can be laid around the edge of the platter, with sprigs of parsley or chives.

GROUSE.—Cook same as “Prairie Chicken.” Or the breast and legs can be larded; then rub with butter, sprinkle on pepper and salt, dredge with flour, and roast in the oven. A bread sauce is best served with it.

RABBITS.—Jack-rabbit is the term usually applied to the wild rabbit of the United States. They are plentiful in some parts of the country, and in the fall, when the boys bring them in from gunning excursions, they are fat and most delicious, cooked in various ways, either roasted, fried or boiled, and they make a fine soup or pot-pie. If the bones are strong and the skin tough, they are old, and are better boiled whole and served with white or cream sauce. If young, the skin is tender and the ears tear easily, in which case they are nice cut in pieces, pounded flat and broiled over a clear fire in the same way as chickens are broiled. They can be roasted whole, if young, after being filled with a bread and butter dressing, with a large slice of fat salt pork spread over the rabbit, and it should be frequently basted. If large, it should be in the hot oven from $1\frac{1}{2}$ to 2 hours, and well browned, and served with a brown gravy made in the dripping-pan after the meat is put on the platter.

OPOSSUM.—Scald like a hog, clean, and expose to a frosty air about 2 days. Then parboil, and bake like pigs’ meat, in a moderate oven, basting often. Peel and split sweet potatoes and place them in the pan to bake with the meat.



GROUSE.



OPOSSUM.

SQUIRRELS.—The old ones may be known by their greater size, and by the greater strength of the bones. After dressing and cleaning, they are cut in quarters; those that are old are better stewed. Put them over the fire in a kettle, with water enough to cover them; stew gently until the meat starts from the bones, then season with salt, pepper, and herbs, if liked; add a little corn-starch for thickening, with a lump of butter. The young squirrels can be cut in quarters, and either broiled or fried, as you would chickens.

Squirrel Pie.—Clean, and soak $\frac{1}{2}$ hour in salt water; take out and stew with a little salt pork until half done. Line the sides of the dish with pastry, lay in the squirrel, put in the gravy, put on an upper crust, cut a cross in it to let out the steam and gases, and bake. *Time*, about $\frac{1}{2}$ hour.

BUFFALO AND BEAR.—Bear and buffalo meat is either baked, boiled, fried or broiled, in the same ways as beef.

RACCOONS AND WOODCHUCKS.

Raccoons and woodchucks, are stewed or baked, and served after the manner of pigs' meat, and are considered a delicacy by hunters. Old animals can be parboiled before cooking—with young ones it is not necessary.



RACCOON.

VENISON.—Venison is easily digested. As the hairs often cling to the meat, it should be cleaned carefully before cooking. The best cuts for steaks or roasting come from the loin or saddle. The rules given for cooking beef or mutton apply equally to venison. Stew the tougher parts. Currant jelly is considered the best thing to serve with venison, or garnish with slices of lemon.

Venison Steaks.—Cut venison steaks in suitable pieces for serving; heat $\frac{1}{4}$ of a lb. of butter in your frying-pan; season the steaks with salt and pepper, then dip them in wheat flour or rolled cracker crumbs, and fry them a nice brown on both sides. When done, set them in the oven with a tin over, to keep them warm, while you prepare gravy, as follows: Dredge a large tablespoon of flour into the butter in the pan, and stir until it is brown, without burning; put in a teacup of boiling water, with a teaspoon of currant jelly dissolved into it. Stir briskly for a few minutes, then strain the gravy over the meat and serve at once.

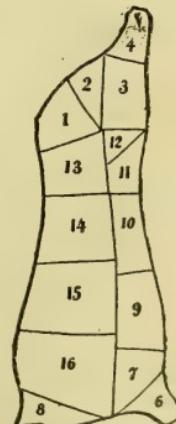
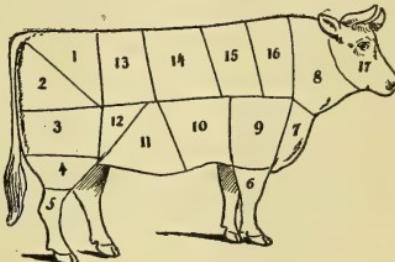
CUTTING UP AND CURING MEATS.

IT is very desirable for every housekeeper to know the location and names of the different parts of meat, and many families occasionally cut up and cure animals for their own use, and so in this chapter we will give such information on these subjects as will meet the requirements of our readers. Before corning meat hang it 1 or 2 days after it is killed.

BEEF.

1. *Rump*.—Used for corned beef, stews and steaks.
2. *Aitchbone*.—Used for stews and pot-roasts.
3. *Round or Buttock*.—Used for stews, boiling, pot-roasts, or steaks. The lower part is good to work up in Hamburg steaks and curry of beef.
4. *Hock*.—Best for soup or stews.
5. *Shin or Leg*.—Used for soup, stewing or hash.
6. *Shin*.—Used for soup or cheap stews.
7. *Clod*.—Used for soup, stock, stews, sausages, etc.
8. *Neck or Sticking Piece*.—Used same as clod.
9. *Shoulder Clod*.—Used for stews, pot-roasts, hashes, etc.
10. *Brisket*.—Used for soups, stews, corned and spiced beef.
11. *Thin Flank*.—Used for stews or for corned beef or dried beef.
12. *Thick Flank*.—Suitable for corned beef, boiling, stews, or pressed beef.
13. *Sirloin*.—Used for sirloin or *porter house steaks* or choice roasts. The tip is an extra fine roast, and should have 3 but is sometimes cut up with 2 ribs.
14. *Fore Rib*.—The 5 ribs nearest the sirloin are the best; it makes fine roasting pieces, or steaks; the bones are often taken out and the meat rolled, when the bones can be used for soup.
15. *Middle Ribs*.—Usually roasted.
16. *Chuck Ribs*.—Used for stews and steaks and roasts of second quality.
17. *Cheek*.—Used for soups or stews.

Other parts used are: (18) *The Brains* which, when well soaked, can be stewed, fried, scalloped or made into croquettes. (19) *Ox-tail*, used for soups and stews. (20) *Cow-heels*,



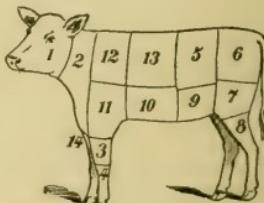
which make as good jelly as calves' feet, and what remains of them is good eating; they also make good soup. (21) *The Heart*, which can be stuffed, braised or roasted, but although economical it is rather indigestible. (22) *The Liver*.—It can be boiled or fried and is very nutritious and cheap. The food known as "faggots" is made of the liver and lights of sheep and bullocks mixed with some fat. (23) *The Kidneys*, used for stewing, pies or puddings. They are cheaper than the kidneys of young animals, but difficult of digestion. They need light cooking, as they are apt to dry up when exposed to a high temperature. (24) *The Tongue* is boiled and braised, either fresh or salted. It can be bought either way. (25) *Tripe*.—This is easily digested, but is not very nutritious. (26) *Sweetbreads*—This in full grown animals consists of the pancreas, and is not equal to the thymus gland of the calf. (27) *Suet*.—That which surrounds the kidneys is the firmest and best. (28) *The Spleen or Milt* of bullock, sheep and pig is sold for food. It is generally stuffed and roasted, or stewed or boiled for stock. (29) *The Fillet* lies under the rump and loin and weighs 6 or 8 lbs.

The Lights are the lungs. *The Pluck* is the lights, liver and heart.

It is well to remember that any part of an animal which is much exercised is tougher than parts which are exercised little or none.

VEAL.

1. *Head*.—Used for soup or jelly. *Calves' brains* are served as an entree.
2. *Neck*.—Used for stews or soup.
3. *Knuckle*.—Best stewed or boiled; occasionally roasted.
4. *Feet*.—Used for jelly making; occasionally stewed or fried.
5. *Loin*.—Prime roasting joint or for cutlets.
6. *Chump end of Loin*.—Used for roasting or cutlets.
7. *Fillet*.—The most economical roasting joint, and furnishes the best cutlets.
8. *Knuckle*.—This is cheap and is best used for stewing, boiling or for stock.
9. *Flank*.—Used for stews.
10. *Breast*.—Best stewed; sometimes roasted. This part furnishes veal tendons served as an entree.
- 11 and 12. *Shoulder or Bladebone*.—Used sometimes for roasting and sometimes for cutlets.
13. *Rib*.—Used for small roasting joint or for chops.
14. *Sweetbreads*.—These are found above Fig. 14 and consist of the *thymus gland* found on both sides of the windpipe. The *stomach sweetbreads* are located further along near the stomach.



Other parts used are: (15) *The Heart*, which is more digestible than bullock's heart and is liked by many. (16) *Liver*.—This is very lean, and is usually cooked with some of the inside fat or with

bacon. (17) *Kidney*.—This is more delicate than beef kidney, and is preferred to it. (18) *Suet*.—Veal suet is more delicate than beef suet, and may advantageously be substituted for that in puddings and for all purposes.

PORK.

1. *Feet*.—Used for pickle or jelly; occasionally boiled, or boned and stuffed.

2. *Ham or Leg*.—Used for roasting, boiling or frying; the most economical piece to buy.

3. *Bacon*.—Generally cured.

4. *Hock*.—Best stewed or boiled.

5. *Shoulder*.—Smoke, or cut steaks from this.

6. *Lower Neck*.—Used for sausages or lard.

7. *Head*.—Can be boiled or made into brawn; the cheek can be made into smoked jowls, and the snout boiled.

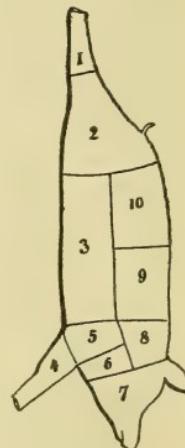
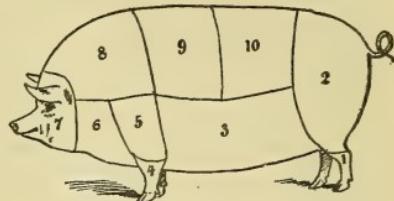
8. *Shoulder Top*.—Used for spare-ribs, steak or sausage.

9. *Fore Loin*.—Usually roasted.

10. *Loin*.—The best roasting joint; chops are also cut from it.

Other parts are: (11) *Pig's Fry*.—This consists of the liver, sweetbreads and some of the inside fat. (12) *The Harslet*, consisting of the liver, lights and heart. (13) *The Chine*; this is the 2 loins unseparated from the backbone. (14) *Lard*; this has a lower melting point than beef or mutton fat, and the lower the heat at which it is melted the smoother it is.

TO CUT UP PORK.—Have the hog laid on his back on a clean bench; cut off the head close to the base. If large there will come off a considerable collar between the head and shoulders, which, pickled or dried, is useful for cooking with vegetables. Separate the jowl from the face at the natural joint; open the skull lengthwise and take out the brains—esteemed a luxury. Then, with a sharp knife, remove the backbone the whole length; then the long strip of fat underlying it, leaving about 1 inch of fat covering the spinal column. Take out the leaf lard, and the tenderloin—a fishy shaped piece of flesh. Now cut out the middle or sides, leaving the shoulders square-shaped and the hams pointed or rounded as desired. The spare-ribs are usually wholly removed from the sides, with but little meat adhering. It is the sides of young hogs, cured as hams, that bear the name of *breakfast bacon*. The sausage meat comes chiefly in strips from the backbone, part of which may also be used as steak. The lean trimmings



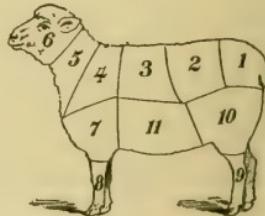
from about the joints are used for sausage. The chines are smoked with the jowls and used in late winter and spring. The feet should be heated over the fire until the hoofs can be easily removed; then scrape clean, and, after being a few minutes in hot water, scrape and wash carefully, and they will be ready to cook. The fat from the intestines is all removed; use that which sticks to the larger intestines for soap grease.

Sometimes the smaller intestines are used for sausage cases. Try up all flabby pieces for lard. The sweetbreads, liver, kidneys and heart are used for boiling. When meat is to be pickled it should be dusted lightly with saltpetre, sprinkled with salt, and allowed to drain 24 hours; then plunge it into pickle, and keep it under weight. It is good policy to pickle a portion of the sides.

Pork is cured for the market in different ways; the fat sides are taken from the ribs, cut in pieces, packed in barrels with layers of salt, and then covered with strong brine, in which it is kept until retailed from the barrels. Sometimes the sides are well cured in the brine, then hung, dried, and afterwards packed in boxes with dry salt. At the South this is called bacon, and smoked bacon if it has been hung in a smoke-house. Pig meat is treated in the latter way, and makes a delicate meat called breakfast bacon. The hams, shoulders and cheeks of pork are pickled in brine for a certain length of time, then are taken from the pickle, and either packed dry in salt, or smoked and packed in a manner to best preserve them. One of the best ways of keeping hams in the country, is to dry the hams well in a smoke-house, then rub them well with fine salt and sugar, roll up well in newspapers, and pack in barrels, filling as you go with clean wood ashes.

MUTTON AND LAMB.

1. *Loin, chump end.*—Used for roasting or chops; chump chops are cut nearest the tail where there is the most bone.
2. *Loin.*—The best roasting joint.
3. *Back.*—Used for roasting, boiling, or for mutton cutlets.
4. *Shoulder.*—Used for roasting or for stuffing; is fatter and not so economical as the leg, but is preferred by many.
5. *Neck.*—Used for stews.
6. *Head.*—This makes excellent broth but is not much used by the well-to-do classes.
7. *Shank.*—Suitable for stews or soups.
8. *Feet.*—Used for jelly.
9. *Hock.*—Suitable for stews or soup.
10. *Leg.*—Used for roasts or chops; mutton steaks are cut from the leg; usually considered the most economical piece to buy.
11. *Breast.*—Suitable for stewing or boiling; often economical but too fat for some.



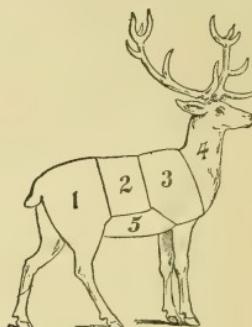
Other parts are: (12) *The Chine*, which consists of the 2 loins unseparated from the backbone. (13) *The Saddle*, which consists of 2 loins and 2 legs undivided. (14) *The Heart*, which is best roasted. (15) *The Liver*, which can be fried or made into soup. (16) *The Kidney*, which can be broiled or stewed (often sold with the loin). (17) *Mutton Suet*.—This is not so good as beef suet for puddings, etc.

LAMB.—When very large it is cut into the same joints as mutton; when small it is simply cut into quarters. *Lamb's Sweetbreads* are considered a delicacy. *Lamb's Fry* consists of the liver, the sweetbreads, and some of the inside fat or leaf of the heart. *Lamb's Kidney, Head and Feet* are also eaten. Lamb's kidneys cooked a little while are tender, but long cooking toughens them. Many people prefer the fore quarters, but the leg is the most economical part to buy.

VENISON.

1. *Loin or Haunch.*—Used for steaks, roasts and stews; also for making smoked venison; the ribs can be used for soup.
2. *Fore Loin.*—Good for roasts or steaks.
3. *Shoulder.*—Usually roasted, or boned, stuffed, and then roasted or baked.
4. *Neck or Scrag.*—Used for soup or stews.
5. *Breast.*—Used for stews or baking.

The best and sweetest venison comes from a female deer about 4 years old; doe venison (in season from October to December) is not equal to buck venison—(in season from June to October 1st). The haunch is the prime joint, though the shoulders are much esteemed. Venison requires more care in the killing, preserving and dressing than any other meat. As soon as it is cut up it should be taken into a cool, dry larder, dried with a cloth, and hung in an airy place. If it is to be kept some time, dust dry ginger and pepper over it to keep off flies; keep it as long as it is possible to preserve it untainted. If it should inadvertently become musty, first wash it with lukewarm vinegar and water, and afterwards with lukewarm milk and water, and then dry it perfectly with a cloth, and flour it.



PICKLE FOR MEAT.—Make 8 gallons of brine strong enough to float an egg, add 2 lbs. of brown sugar, and 1 quart of molasses, and 4 oz. saltpetre; boil and skim clean, and pour cold on the meat. Meat intended for smoking should remain in pickle about 4 weeks. This pickle can be boiled over, and with a fresh cup of sugar and salt, used all summer. Some persons use as much soda as saltpetre; it will correct acidity, but we think impairs the meat.

NOTE.—In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, less salt and more of other matters better adapted to retain the mellowness in meat may be used than could be adopted by those who cure large quantities for shipment. Sugar is well known to possess the preserving principle to a large degree without the pungency and stringency of salt. It acts without contracting the fibers of the meat, and therefore does not impair its mellowness, but when used in sufficiently large quantities for preserving effect it imparts a flavor not agreeable to many people. It may be used with salt, however, to great advantage in about the proportion of 1 part by weight of sugar to 4 parts of the mixture, and now that sugar is so much cheaper than formerly it may be more commonly used.

MEAT PICKLE.—Take of moist sugar, 2 lbs., common salt, 4 lbs., saltpetre, $\frac{1}{2}$ lb., fresh ground allspice, 2 oz.; water 6 to 8 quarts.

Dissolve. Used to pickle meat, to which it imparts a fine red color, and a superior flavor.

TO CURE MEAT.—To 1 gallon of water add $1\frac{1}{2}$ lbs. salt, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ oz. saltpetre, $\frac{1}{2}$ oz. potash. Make any quantity desired, preserving these proportions. Boil these together until all the dirt from the sugar rises to the top and is skimmed off; then throw it into a tub to cool, and when cold pour it over the beef and pork to remain the usual time, say 4 or 5 weeks. The meat must be well covered with pickle and should not be put down for at least 2 days after killing, during which time it should be slightly sprinkled with saltpetre, which removes all surface blood, etc., leaving the meat fresh and clean. If this recipe is tried it will never be abandoned—nothing surpasses it.

CURING BEEF AND HAM.—For beef use 6 lbs. salt, 1 oz. saltpetre, 4 oz. New Orleans sugar, $\frac{1}{2}$ gallon sorghum molasses, $3\frac{1}{2}$ gal. water; boil and skim the mixture; when cold, pour it over the meat, and if the latter is bloody pour off the brine, scald it, and when cold pour over the meat again. If the meat is a ham or shoulder to be smoked, it should lie in the brine 20 to 30 days, and then be hung up to smoke. Beef to be dried should be treated in the same way, but corned beef lies in the brine until it is used up.

HAMS, TO CURE.—To each green ham of 18 lbs. use 1 dessert-spoon of saltpeter, $\frac{1}{4}$ lb. of brown sugar applied to the fleshy side of the ham and about the hock; cover the fleshy side with fine salt $\frac{1}{2}$ inch thick, and pack away in tubs; let remain from 3 to 6 weeks, according to size. Before smoking, rub off any salt that may remain on the ham, and cover well with ground pepper, particularly about the bone and hock, hang up and drain for 2 days; smoke with green wood for 8 weeks, or until the rind assumes a light chestnut color. The pepper is an effectual preventive of the fly. (An extra recipe.)

A Southern Rule for Curing Meat.—For 250 lbs. of beef or hams and shoulders, use 16 lbs. salt, 8 gal. water, 4 oz. saltpetre, 2 quarts molasses, 1 tablespoon soda; mix and dissolve. For salting beef, first cut it into suitable pieces and pack in a clean barrel as closely as can be pressed in by the hand; put it in even layers. When all the meat is packed place on top 4 sticks crossed, and lay on them a clean stone heavy enough to keep the meat under the brine. Pack hams the same way, and after 30 days remove from the brine and smoke.

WESTPHALIAN HAMS.—The famous Westphalian hams are cured thus: First rub with dry salt, and then drain 24 hours. Take

4 quarts salt, 3 lbs. brown sugar, 1 lb. saltpetre, 4 oz. salprunella, 4 oz. juniper berries; bruise, mix well, boil in 6 quarts of water, cool and skim. Take the hams from the salt, wipe dry, pour over the pickle, and rub well into the meat. Then smoke a little every day for 3 months until completely dry, when they will keep sound and improve in flavor for years. Hams shrink in smoking about 10% in weight, while pickled or salted pork gains about 10%.

SUGAR CURING HAMS (*English Recipe*).—As soon as the meat comes from the butcher's hand rub it thoroughly with salt; repeat this 4 days, keeping the meat where it can drain. The fourth day rub it with saltpetre and a handful of salt, allowing 1 lb. of saltpetre to 70 lbs. of meat. Now mix 1 lb. of brown sugar, and 1 lb. of molasses; rub it over the ham every day for a fortnight, and then smoke with hickory chips or cobs. Hams should be hung highest in meat houses, because there they are less liable to the attacks of insects.

TO KEEP CURED HAM.—A simple way is by packing closely in a stone jar, (after taking off the rind and cutting in slices) and then exclude the air by pouring over enough melted lard to cover them; they will keep this way several months. When some is taken out melt the lard and pour on again, to protect the balance.

PICKLE FOR CORNED BEEF.—(1) Use 1 gal. water, 1½ lbs. salt, ½ lb. brown sugar, ½ oz. saltpetre, ½ oz. potash; use same proportions for any quantity; boil all together in an iron kettle, skim and strain; put into the pickle tub, and when *cold* put in the meat, having the pickle cover it, and weighting it down with clean stones. (2) For 100 lbs. of beef use 8 lbs. fine salt, 4 lbs. brown sugar, 4 oz. saleratus, 2 oz. saltpetre, and mix well; put a layer of this in the bottom of the barrel and between each layer of meat, removing the large bones. Put a weight on the top layer to hold it down, and the juices of the meat furnish all the brine necessary. Meat thus pickled is ready for drying in six weeks, and does not toughen in the summer.

TO CORN BEEF (*Pocock Pickle*).—Take 4 gallons fresh water, 1½ lbs. coarse brown sugar, 2 oz. saltpetre, 7 lbs. common salt; put all in a boiler, take off the scum as it rises, boil well, and then let it get cold. Have sufficient to cover the meat, lay a cloth over it, and weight down the meat. The same pickle may be used again by re-boiling, and adding a small quantity of each ingredient fresh.

SPICED CORN BEEF.—Prepare a mixture of 4 cups molasses, 4 cups of salt, 4 tablespoons of saltpetre, 2 tablespoons cloves, 2

tablespoons ground pepper; each day for 10 days rub this into the beef, turning the meat, and rubbing well in. This is for 20 lbs. of meat. At the end of the 10 days it can be used.

HAMBURGH BEEF.—Take a piece of meat from some fleshy part; scatter common salt under and over it, and let lie 24 hours to void the blood; then put into a pickle made with 1 gal. water that has been boiled, 1 lb. common salt, $1\frac{1}{2}$ lbs. coarse sugar, 2 oz. saltpetre, $\frac{1}{2}$ pint vinegar; simmer until all are melted; place the meat in a deep narrow pan and pour over the liquor, covering it completely; it will be ready for smoking in 3 weeks; dry well with a cloth, and rub pea meal all over it, until it has a good coat on it. If well smoked it will come out a bright yellow, and will keep any length of time.

HOME MADE DRIED BEEF.—Select a nice round of beef—better from a young animal—divide it into 2 pieces, following the natural line of division very carefully, so as not to make any cuts or gashes for the fly to burrow in. Then for 50 lbs. of meat make a mixture of 2 lbs. fine salt, 1 oz. of powdered saltpetre, $1\frac{1}{2}$ lbs. brown sugar. Rub this mixture well into the meat every morning until used up, and at the end of 2 weeks hang up in a smoke house to smoke slightly or just enough to be tasted. Excess of smoke is not generally relished. It may be left hanging in any dry place away from flies. If it molds a little on the outside that will not hurt.

BEEF, SCOTCH METHOD OF DRYING.—Take 2 lbs. salt, 1 oz. finely ground cloves, 2 oz. of ground pepper, or in these proportions for any desired quantity. After cutting the meat into suitable pieces, rub this mixture well into it every day for 5 or 6 days; then hang the meat up to dry. This is said to produce superior dried beef.

TONGUES, TO CURE.—(1) Take 9 lbs. salt, 8 oz. sugar, and 9 oz. powdered saltpetre. Rub the above ingredients well into the tongues, and keep them in this curing mixture for 2 months, turning them every day. Drain them from the pickle, cover them with brown paper, and have them smoked for about 3 weeks. The above quantity of brine is sufficient for 12 tongues of 5 lbs. each. (2) Take $\frac{1}{2}$ oz. saltpetre, $\frac{1}{2}$ oz. salprunella, 1 lb. salt, $\frac{1}{2}$ lb. very coarse sugar, 4 bay leaves, 1 tablespoon of vinegar, and 3 pints of water. Let it boil for $\frac{1}{2}$ hour, skim off the scum, and pour the liquid into a pickling dish; when it is quite cold put the tongue in, and turn it every day for 3 weeks, if you wish to cook it green, but if not leave it

in the pickle for a month. This pickle will keep good for months if re-boiled and skimmed. Every tongue put in should first be well rubbed with salt, left to drain for 3 days, and then wiped dry.

PICKLE FOR TONGUES AND BEEF.—Use 1 gal. water, 2 lbs. common salt, 4 oz. saltpetre, $\frac{3}{4}$ lb. brown sugar; boil all well together. A tongue should be pickled 14 days before it is considered well cured.

TO PICKLE PIGS' FEET.—Put them in strong brine, and leave for 1 week; then take out and boil in water to remove the brine, then pour vinegar over them, and soak in a pickle containing bay leaves, allspice and mace.

TO CLEAN BEEF TRIPE.—Rinse carefully in cold water (after emptying the contents, none of which should be allowed to touch the outside). Then sprinkle on lime, put it in a tub, pour on hot water and leave 2 hours; then try scraping it with a knife—if the dark does not come off readily, spread on more lime and put in the tub another hour or two; then scrape, and rinse clean with cold water. Put it in salt water, enough to cover it, and leave 3 days; change the water each day. Take it out, cut in strips, and whiten by laying it in buttermilk for a few hours; then rinse clean, and boil for a few hours—or till it is tender enough to mash with the fingers. Then it is ready to cook as desired.

RENNET, TO PREPARE.—Rennets should not be saved from calves less than a week old; those from 3 to 4 weeks old make the best. Never use a stomach of an animal the least out of health. Take the rennet out immediately after the animal is killed, turn inside out without washing, cure thoroughly with dairy salt, dry perfectly, and keep in paper bags till wanted for use. For use, soak in clean whey, saturated with salt, for 24 hours before using, frequently squeezing them with the hand to macerate. After being soaked, keep the liquor as cool as possible in tightly covered vessels until used.

TO PREPARE BLADDERS FOR USE.—Soak them for 24 hours in a basin of water in which a little chloride of lime has been dissolved; then clear all extraneous matter from the bladders, wash them thoroughly in clean water, and hang them up to dry.

SAUSAGES.—Use the trimmings and other lean and fat portions of pork, selecting about twice as much lean as fat. Some consider it an improvement to add about one-sixth the weight of

beef. Season to taste. Some use salt and pepper alone (say 1 tea-spoon to 2 lbs. of meat), and others add sage, thyme, mace, cloves and other spices. If the meat is put into muslin bags $2\frac{1}{2}$ to 3 inches in diameter, and, after being filled, are dipped into melted lard and hung up in a cool, dry place, it will keep very satisfactorily.

PORK SAUSAGES.—For these the right proportions of fat and lean meat is about $\frac{1}{4}$ fat, and for every 10 lbs. of the minced sausage 4 oz. of salt, 1 oz. of pulverized black pepper, and 1 table-spoon pulverized sage is nearly the right proportion of seasoning. Mix thoroughly, but add no water. It can be packed down in stone jars, with hot lard poured over it, to be cut out in slices for cooking; put in cheese-cloth bags of the right size to cut off pieces to serve, or it can be filled into the small intestines for beef or pigs, and tied into links. The intestines should be cut into pieces about a yard long; strip out the contents, turn them inside out on a stick; take them off and wash thoroughly in warm salted water; put to soak over night in another salted water; the next day thoroughly scrape them on a board with a dull knife; then soak them another night in salted water, when they will be ready for use.

BOLOGNA SAUSAGES.—Take 3 lbs. lean beef, 3 lbs. lean pork, 2 lbs. fat bacon, $1\frac{1}{2}$ lbs. beef suet; put the lean meat into a stew-pan of hot water, and set it over the fire for $\frac{1}{2}$ hour; then cut it small, each sort by itself; shred the suet, bacon or ham, each by itself. Season with pepper, thyme, chopped fine, and ground mace; fill ox-skins with it, tie them in lengths, and put them in a beef brine for 10 days; then smoke them the same as ham or tongue. Rub ground ginger or pepper over the outside after they are smoked, and keep them in a cool, dry place. (To prepare the skins, take ox intestines, cut them into strips about 6 feet long, wash them thoroughly in warm water, and then turn them inside out and wash again; scrape them with a suitable scraper designed for this use, wash off, and put them into salt water to soak until desired for use. Be very careful not to tear the skins while working on them.)

A SIMPLE WAY TO SMOKE MEAT.—Take a kerosene or rain water barrel, and drive nails around the top on which to hang the meat; fill an iron pan or pail half full of ashes, and build a fire in it; set it in the bottom of the barrel, place a board on top and cover with a heavy cloth or blanket to keep out the air and confine the smoke. Those without a smoke house can easily do a little smoking in this way.

LARD, TO MAKE.—Cut the fat up into pieces about 2 inches square; fill a vessel holding about 3 gal., with the pieces; put in a pint of boiled lye made from oak and hickory ashes, and strained before using; boil gently over a slow fire until the cracklings have turned brown; strain and set aside to cool. This will give more, whiter, and better lard than any other process.

LARD, TO BLEACH.—Apply a mixture of bichromate of potassa and muriatic acid in minute proportions to the fat.

LARD, TO KEEP SWEET.—When rendering (melting) it, throw into each kettle a handful of slippery elm bark. Add no salt at any time; the jars in which it is kept must be perfectly cleaned. This plan will keep it sweet even in the warmest weather.

BEEF FAT.—This, if thoroughly cooked in water and the fat skimmed off as it rises, is very nice. It will remain soft, and is preferred to lard by many, for various uses.

TALLOW, TO CLARIFY.—Dissolve $\frac{1}{2}$ lb. of alum in 1 pint of water; add 50 lbs. of tallow in a jacket kettle (*i. e.*, a kettle set in a larger one, and the intervening space filled with water; this prevents burning the tallow); boil it $\frac{3}{4}$ of an hour and skim. Then add $\frac{1}{4}$ lb. salt dissolved in 1 pint of water; boil and skim. When well clarified the tallow should be nearly the color of water.

SUET.—Cut fresh suet in small pieces and cover them with water; let them remain in the water bath 24 hours, but change the water once during the time; this removes the peculiar tallowy taste. Now drain well and put in an iron kettle with $\frac{1}{2}$ teacup of milk to each pound of suet; let it cook very slowly till the fat looks clear and is light brown, and till all sound of cooking has ceased. Loosen the pieces from the bottom of the kettle to prevent scorching, but avoid stirring; let it stand till partly cooled, then pour into cups to become cold. It smells as sweet as butter, and can be used in place of it for many purposes. The fat left in the pieces may be pressed out and used in various ways.

HASH AND CROQUETTES.

HE dinner table should be liberally supplied with both meat and vegetables, as it is the principal meal of the day. This should be done so that each member of the family can be generously helped, remembering that a family stinted in food, no matter how finely dressed, or housed, can never be in a healthful condition; it also provides for unexpected guests. The remainder of the dinner, if at noon, can be sliced cold, and served with the supper if needed, or minced the next morning for hash. Hash is also a fine accompaniment on the supper table in cold weather, when hungry children come from school. The meat for dinner need not be of the most expensive joints, for the cheaper cuts are quite as nutritious, and, if properly cooked, can be made very palatable.

HASH AND MINCED MEATS.

Under this head are included recipes for mincing and re-warming in an appetizing manner, cold meat of all kinds, fish, etc., etc. This minced meat is usually combined with vegetables, or bread, either in crumbs, or toasted slices, and forms a series of dishes, both economical and agreeable to the palate. The French term *Salmis* (*Salmy* by foreign cooks) is used more particularly to designate minced game re-warmed in various ways, but in plain English it is simply *hash*. In making hash, and in re-warming any kind of cold meat, do not confound the term re-warming with re-cooking; to re-cook meat is to harden it, and the secret of good hash is to make it just piping hot, and *no more*.

HASH.—One of the most common forms in which cold potatoes and meat left from yesterday's meal appears, is—hash. Not 1 person in 10 knows how to put it together appetizingly. Chop fine such bits of cold meat as you may have, add a double quantity of potato, chopped fine also, mix well, season with pepper and salt to taste; 8 minutes before you wish to serve the dish, melt a tablespoon of butter in a spider, and, when *hissing hot*, put in the hash and press it down well and evenly all around. At the end of the time specified, have a heated plate ready, turn it over the spider, tip the latter upside down with the plate beneath, and send your steaming "hash cake"

to the table. This "hash" can be varied indefinitely. Some prefer a larger portion of meat, others not so much. Occasionally a flavoring of chopped onion may be added, or a spoonful of any good catsup or sauce to give piquancy. And sometimes for a change, mix as directed, flour your hands well and form into balls, and fry light brown in plenty of hot lard.

Do not stir hash while it is heating, for that inclines it to stick to the pan, and it also makes the hash salvey. The very best hash is made with hot baked potatoes, $\frac{2}{3}$ potato to $\frac{1}{3}$ of finely chopped meat.

BAKED HASH.—Chop finely the remnants of cold meat left from dinner, chop cold potatoes and add—there should be twice as much potato as meat. If there are not enough of cold potatoes for this proportion, dip 2 slices of bread in cold milk or water, and chop; season with salt and pepper, and herbs, if liked, with a bit of sliced onion. Melt a piece of butter the size of an egg, in the baking-pan, put the hash well mixed in the pan and cover tightly with a plate; bake $\frac{1}{2}$ hour, and turn out in a cake on a hot dish. If it is covered with a white pie-plate, that is the best dish to serve it on, as it is already hot. Economical and good. Serve with pickles.

CORNED-BEEF HASH.—If the family is large, in addition to the daily dinner, it is well to boil a piece of corned-beef every 2 or 3 days and have this hash every day or every other day, either for supper or breakfast, as it is economical and liked by most people. Notwithstanding the threadbare jokes about "hash-mills," "hash-factories," "mysteries," etc., people still like a good dish of hash when they have "confidence in the cook." Cook the beef slowly until done; let it get cold in the liquor it was boiled in, then take it out, wipe it dry, and it is ready to chop. Use the fat and lean together, and the cold fat from the top of the kettle to heat with the hash. Have the potatoes quite cold, or they will stick to the chopping knife. A lady with a large family of fashionable boarders, told the writer that this dish was often *called for* at her table.

FRENCH HASH.—Take cold bits of meat left from a roast of beef, chicken or cold turkey, finely minced, add gravy enough to make moist; when quite hot, place the mixture over toast. This is a very nice breakfast dish.

HAM HASH.—Take equal parts of potato, boiled ham and bread, chopped fine, and cooked in hot fat left from frying ham; cook about 10 minutes, and season with pepper when it is ready to be dished.

SCOTCH HASH.—Chop raw beef very fine; add butter about the size of an egg, pepper, salt, and chopped parsley; cover with

water, stew 15 minutes, keeping it covered. Pour it over slices of toasted bread.

TURKEY HASH.—Mince the remnants of turkey left from a previous dinner. Boil the bones in a quart of water until the quart is reduced to a pint; then strain, add turkey gravy if you have it, a bit of butter if the turkey is not fat, with a seasoning of salt and pepper; if there is dressing left, boil it in with the bones. Dredge a little flour over the minced turkey, put it in the hot gravy and let it just come to boiling heat. Serve in a hot dish on slices of toasted bread.

VEAL HASH.—Chop $\frac{1}{2}$ pint of fricasseed veal (do not make it as fine as for croquettes); put veal fat, beef dripping or butter, in the stew-pan with the meat; if you have no broth or gravy, add hot water enough to wet the meat. Season with pepper and salt, dredge on a little flour, stir all together, put in a hot dish, with slices of toasted bread or crackers in the bottom, and send to the table with baked potatoes.

VEGETABLE HASH.—Take equal parts of boiled vegetables, corned-beef, and salt pork, chopped together; this makes a fine hash. When you have a boiled dinner, always have enough left to make hash for breakfast the next morning. The vegetables used are potatoes, turnips, cabbage, beets, and parsnips or carrots; put the fat from the kettle in which the dinner was boiled, in a large frying-pan, and let it melt; then put in the hash, smooth it down, put a pie-plate over it to keep in the steam, set it on the back of the stove for 15 or 20 minutes until thoroughly heated, and dish it in the hot plate which covered it. Vegetable hash is often made without meat, and is much liked by most people.

HASH PIE.—Take any kind of cold meat and chop it finely; season with salt and pepper, put in a layer of bread crumbs, then a layer of meat, then crumbs, until the dish is full. Make a gravy, pour it over, and bake.

SCRAPPLE.—This can be made of odds and ends of fresh meat such as would be used for soups—pigs' heads and feet, beef shanks and trimmings. Boil the meat with sufficient water to cover it well, until the meat separates from the bones; then take it up, remove the bones, cut, or chop the meat finely, and return it to the broth; add salt, pepper, and herbs, if liked. Let it boil up again and thicken it with corn-meal to make a stiff mush, and cook it thoroughly. Put it in bread pans to solidify, and, when cold, cut off in slices and fry in salt

pork fat, dripping, or sausage fat. This is an inexpensive dish, and excellent in cold weather, for supper or breakfast. Finely minced remnants of any kinds of cold meats, with the gravy, can be utilized in the above manner, instead of the fresh meat.

PILAFF.

1 onion.	Butter the size of an egg.
2 cups minced cold meat.	1 teacup rice.
1 pint tomatoes.	

Put the butter in a frying-pan, and cut the onion in, then fry to a delicate brown; add the rice, and brown that in the butter, taking care not to let it scorch. Next add the tomatoes and 1 pint of hot water; cover and cook until the rice is done, adding more water if needed, but it should not be watery when done. Season with salt, pepper and cayenne, and curry powder if liked; then put in the chopped meat, stir well, and send to the table hot.

POTTED MEAT OR FISH.—All kinds of meats can be potted, and the same general principles hold good for all. Take the cooked meat or fish, remove it from the bones, clear away all skin and gristle, and pound it in a mortar. It should be well pounded, reduced to a smooth paste, and no unbroken fibre left. Then add spices, pepper, salt, made mustard, mace and cayenne; the amount used varies. If it is intended for immediate use, add the spices sparingly; if to be kept some time, spice highly. Then moisten with melted butter, and press the mixture down in small pots or jars of stone or earthenware, and let it get thoroughly hot in the oven; or better, steam it 30 minutes in the steamer. Then press down again and cover with hot clarified butter or beef suet, and tie paper dipped in egg over the top. Game of all kinds, fish and beef, are best put up alone, but chicken or veal can be mixed with tongue or ham. This potted meat can be used in slices, or for sandwiches, and as it will keep for weeks if properly put up, it offers a change from hashes or stews, for using remnants of food which are left over.

CROQUETTES.

These are somewhat allied to hash, as they are only elaborate dishes made of finely cut meats, or with fish, oysters, vegetables, rice etc., or of several of these ingredients combined. They are formed into rolls or ovals, and usually fried in smoking hot fat, after they are egged and bread crumbed. Drain on paper, or a wire sieve, paper being best. The mixture may be stiffened by working in a little fine

cracker dust, if too soft to roll well, but it is apt to be made too stiff if any uncooked material like flour is added.

If the fat in which they are fried is not hot enough they will burst open, especially rice and potato croquettes.

Time to fry, about 1 to 2 minutes.

BAKED CROQUETTES.—Take 2 cups finely chopped veal, $\frac{1}{2}$ cup dried bread crumbs, 1 egg, well beaten, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, a pinch of mace; form into croquettes, roll in egg and cracker crumbs, and bake in a quick oven.

BRAIN CROQUETTES.—Put 2 oz. of butter or beef drippings into a saucepan and set on the stove; when the butter has melted, add 1 small onion chopped fine; let it brown, then add calf's brains cut in small pieces, a small slice of bread first soaked in cold water and squeezed dry, a little thyme, minced parsley, $\frac{1}{2}$ nutmeg grated, a little cayenne pepper and salt; heat these all well, then remove from the stove and add $\frac{1}{2}$ cup of milk and 1 egg, well beaten. Mix all thoroughly and set aside to cool. When cold, form into croquettes, dip them in beaten egg, roll in cracker crumbs and fry brown in hot fat.

CHICKEN CROQUETTES.—To 2 cups of cold boiled chicken, finely minced, add 1 cup of fine bread crumbs, 2 well beaten eggs, pepper and salt to taste; add a little cream if not moist enough—it should be as soft as can be, and keep its shape after being molded. Have ready on the fire a kettle of hot fat; flour the hands and make the croquettes into rolls a little larger than English walnuts; dip them in beaten eggs, then in fine bread crumbs; place in a wire basket and fry in the hot fat until a golden brown; drain on a wire sieve, then keep them hot until time to serve.

Chicken Croquettes No. 2.—Take 1 cup finely chopped chicken, 1 cup finely sifted bread crumbs, 1 teaspoon salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon chopped parsley, and $\frac{1}{2}$ cup stock, made by boiling the bones of the chicken; heat all together, and then stir in 1 beaten egg. When cold, form into croquettes, roll each in fine bread crumbs, then in beaten egg, then in crumbs again. Put them carefully into the frying-basket, and plunge it into smoking hot fat for 1 or 2 minutes.

CHICKEN AND OYSTER CROQUETTES.—Take one cup of cold chicken, chopped fine, 1 saucer of cold, scalloped oysters, also chopped, $\frac{1}{2}$ cup sifted bread crumbs, pepper, salt, a little mace, and 1 egg, beaten light; add a little broth made of the bones of the chicken boil-

ed in just water enough to cover them. Have the mixture as soft as you can handle it, form into long rolls as large as a man's finger, roll in sifted bread crumbs, and fry in hot fat. Serve with slices of lemon.

FISH CROQUETTES.—Remnants of any cold fish, egg, bread crumos, cayenne, salt, and fat for frying are needed for these. Flake the fish finely, season to taste, add an equal quantity of bread crumbs; make a stiff paste with beaten egg; form into round balls about an inch thick and 3 or 4 inches long, and fry them a golden brown in smoking hot fat.

HOMINY CROQUETTES.—Soak 1 cup hominy in water all night, and the next morning boil it till tender in 1 quart milk; let it cool, add 1 tablespoon butter, 1 egg, and season to taste with salt and cayenne. When cool, shape it in balls, egg and bread-crumb each, and fry in hot fat. Serve with tomato or onion sauce.

LOBSTER CROQUETTES.—Use the fresh or canned lobster; strain off all the liquor and chop fine. Take 2 slices of bread, soak in water, remove the crust, squeeze dry, and mix with the lobster; season with salt, pepper, the juice of a lemon, and mix to a paste with a well beaten egg. Form into cakes, dip in beaten egg, then in sifted cracker crumbs, and fry in smoking hot fat.

MEAT CROQUETTES.—Use 1 quart of meat, either chicken, veal or lamb, chopped but not too fine. To this quantity allow 1 cup stock or gravy, 1 cup rich milk or cream, 2 large tablespoons of butter, 2 large tablespoons of flour, 1 teaspoon of salt, 1 teaspoon onion juice, cayenne and white pepper to taste, mace and any sweet herbs liked for seasoning meat, and 1 large cup boiled rice. Melt the butter in a sauce-pan, add flour, stir, then add stock or gravy, then the milk; when thick so that it can be raised from the pan with a spoon, add meat, rice and seasoning; stir till thoroughly mixed. Remove from fire, pour into a large flat dish and leave till perfectly cold, then form with the hand into cone or pear shapes, roll in bread crumbs, then in egg, then in crumbs again, and fry in smoking hot lard. Turn with a long handled skimmer and when brown lift out and place on brown paper to absorb the surplus fat. Set in a moderate oven for 5 minutes and serve.

OYSTER CROQUETTES.—Take the oysters, beard them and chop fine, and mix into a firm paste with bread crumbs, moistened with the yolk of an egg, seasoned with parsley, sweet marjoram, pepper and salt. Cut into finger-shaped pieces, and fry a delicate color. Strain and serve piled high on a dish, garnished with parsley.

CROQUETTES

POTATO CROQUETTES.—Take 2 cups cold mashed potatoes, 2 eggs, salt to taste, $\frac{1}{2}$ cup fine cracker crumbs; mix well, and roll on the kneading board with the hands in round cakes or long ones; scatter a little fine cracker dust on the board; egg and bread-crumb, and fry until brown in smoking hot fat.

RICE CROQUETTES.—Take $\frac{1}{2}$ cup rice, boil until soft, let it cool and beat into it 2 eggs, 2 spoons sugar, 1 teaspoon of salt; mold into balls, egg and bread-crumb, and fry in smoking hot fat.

RICE AND CHICKEN CROQUETTES.—Take 1 cup cold chopped chicken, seasoned with pepper and salt, and one cup boiled rice; heat together on a teakettle, pail or double boiler, and if the mixture seems dry, add a little milk; when hot, stir in 1 egg, beaten light, and take from the fire when thoroughly mixed. When cold, shape into balls, egg and bread-crumb, and fry in smoking hot fat.

VEAL CROQUETTES.—Take 1 heaping cup of cold chopped veal, 1 cup fine, dry bread crumbs, 1 teaspoon chopped parsley, a pinch each of sage and red pepper, 2 teaspoons lemon juice; moisten with sweet milk, heat it, and add 1 egg, well beaten; use milk enough to make it as soft as you can handle when it is cold. When cold, form it into croquettes, egg and bread-crumb, and fry in smoking hot fat.

THE SAGE is a hardy shrub, a native of the south of Europe. There are several kinds of it, known as the red, the green, etc. Its principal use in cookery is for stuffing and sauces, the red being most agreeable for this use, and the green next. The other varieties are used for medical purposes.



KROMESKIES.—Kromeskies are croquettes cooked in the Russian manner; they are made as follows: Mince the remains of any cold meat, fish, poultry, or shell-fish, as for croquettes; season them nicely, and shape like a cork. Instead of dipping them in egg, and afterwards in bread crumbs, cut some slices of cold fat bacon (boiled) as thin as writing paper; wrap the croquettes in these, dip each one in a little frying batter, fry them in hot clarified fat, and when brown and crisp, arrange neatly on a hot dish; garnish with fried parsley, and serve immediately. Kromeskies may be made according to any of the recipes given for croquettes, and should be cooked as above.

SCOTCH COLLOPS.—Cut away the fat and any skinny portions there may be from about $1\frac{1}{2}$ lbs. of steak, and mince it finely, seasoning it well with salt and pepper. An onion can be added, if liked,

but this is a matter of taste. Melt a little butter in a stew-pan, put in the mince and stir it frequently to keep it from getting into lumps. In about 8 minutes, dredge a little flour over it, and pour upon it a little stock, boiling hot. Let it simmer gently a minute or two longer, and serve very hot. Three-cornered pieces of toasted bread may be put around the dish as a garnish.

KOUFTAS (*An Indian Dish*)—Chop cold meat finely, season it well with pepper, salt and spice, make it into a paste with the yolk of egg, form it into cakes, and fry (*sauté*) it brown in butter.

EGGS.

THE eggs of different birds vary much in size and color. Those of the ostrich are the largest. They are said to be pleasant in taste, and to keep longer than hens' eggs. The eggs of the goose are large, but well flavored, while turkey eggs are almost as mild as hens' eggs. Ducks' eggs have a rich flavor, and the albumen is slightly transparent, or bluish when set by boiling. Guinea fowls' eggs are smaller and more delicate than those of the hen. The eggs of wild fowl generally partake somewhat of the flavor of the bird they belong to. Those of sea-fowl have a fishy taste more or less strong. The eggs of the turtle consist of yolk only, without shell, and are delicious. Hens' eggs are the ones principally used, and when raw they weigh 2 to $2\frac{1}{4}$ oz. The white of an egg is principally albumen, while the yolk contains most of the fat found in the egg, and most of the mineral matters, the latter being principally sulphur and phosphate of lime.

Eggs are deficient in the carbohydrates, and hence bread, potatoes, rice, or other starchy foods, should be eaten with them to supply the elements they lack. It will be wise to use eggs freely, as they are nutriment in its most portable and concentrated form, and they are palatable to all classes of people. They are strengthening to consumptives and to all feeble persons, and young children. They are medicine as well as food. The white of an egg is a soothing application for a burn, as it coats it over and excludes the air, and it is an antidote for various poisons like corrosive sublimate, creosote and acids, as these articles coagulate albumen, and if white of egg is given soon after they enter the system, it combines with them and protects the stomach.

Children do not receive into their systems a sufficient supply of lime for the development of bones, if eggs form a large part of their diet, for the albumen and vitellin of eggs, although highly nutritious, and adapted to the making of muscle, is deficient in lime. The embryo chicken takes its lime for the growth of bone from the shell of the egg, which diminishes in thickness day by day, until the time of hatching, when it becomes so thin as to be easily broken for the escape of the chicken. If the water supply of the family is in a limestone formation, children will get a sufficiency of lime through the medium of water; but if the rock formation is primitive, and the water very soft, the defect may be remedied by the use of lime-water, as explained in the chapter on "Invalid Cookery."

Invalids should never be given eggs which are more than 2 or 3 days old, as they will then have begun to deteriorate. The albumen in an egg will not become thick enough to beat well until it has been laid about 10 hours; for boiling or poaching, eggs $1\frac{1}{2}$ days old are best. The philosophy of cooking eggs is explained in our article on the principles and processes of cooking meat, which see.

In breaking eggs, each one should be broken separately into a cup, and then there will be no danger that a bad egg will spoil other eggs or materials. Also be careful not to break the yolks, as that will spoil them for poaching, frying, etc.

When putting eggs in to boil, great care should be taken not to crack the shell, as a portion of the white will then exude inevitably, and it lets water into the egg. When fresh eggs are dropped into a large quantity of boiling water, they crack, because the interior, being full, is expanded by the heat, and the shells give way. If the quantity of water is small, the shells do not crack, because putting cold eggs into hot water lowers its temperature. Stale eggs do not crack because the air inside is easily compressed. Prick pin-holes in the large end of the shell to keep the contents from oozing out through the crack, if an egg is cracked before putting it into the water.

Eggs should always be washed as soon as they come into the house. Take a little cloth and carefully remove every particle of soil from the eggs, and then the shells will be ready to use in clarifying coffee or soups.

COLORING AND DYEING EGGS.—Eggs can be easily dyed for Easter, etc. The aniline dyes are useful for the purpose. A simple plan is to place the eggs in colored water and boil them in it. Mottoes, monograms, etc., may be produced as follows: Draw upon the shell with simple oil and a camel's hair brush, whatever name or device it is wished to display; then place it in the coloring liquid and the portions touched with oil will remain white, while the remainder will be dyed. In a similar way the ground may be left white while the designs are colored. Wrapping them in calico which is brightly colored, and then boiling them in lye, will also color them. Eggs can be colored brown by boiling them in strong coffee, and yellow with onion peeling. Cochineal will color them any shade from crimson to pink, according to the quantity used. Logwood chips will color them any shade from port wine to black, by varying the quantity used. They can be made like gold or silver by coating them with painters' size (after boiling them hard) and then rolling them in a plate containing gold or silver dust, such as bookbinders use, until they are entirely covered, or a name or other device may be put on in this way. A little butter or oil rubbed over the egg when it is sufficiently cool to handle, after being boiled, gives it a nice bright look.

BAKED EGGS.—Cut nice toast into squares. Take eggs out of the shell, keeping yolks whole. Beat the whites to a stiff froth, lay

the beaten white around nicely on the toast, drop yolks in center of white ring, sprinkle on salt and put in hot oven to bake a few minutes. When taken out of the oven, pour a little melted butter on the toast.

No 2.—Grease a pie-plate well with butter, break into it as many eggs as it will conveniently hold, and bake until the whites are fully set and the yolks slightly hardened; slip them on to a hot platter, and drop bits of butter over them, with a sprinkling of salt.

TO BOIL EGGS.—Many fairly good cooks do not know how to boil eggs in the best manner. There are 2 good ways. One is to put them into cold water, gradually bring it to a boil, and as soon as the water commences to boil, they will be done. Another way is to put them into a sauce-pan and pour on boiling water enough to cover them; pouring the hot water on the eggs will lower its temperature a little; then let it simmer, not boil, until they are done, keeping the water about 180° to 185°.

It takes longer to cook eggs in this way than when they are put into boiling water, but when done, they will be jelly-like instead of tough and leathery, and are more easily digested. The length of time to leave them in the water depends on the individual taste. An egg to be soft-boiled should not be cooked in boiling water, for then the albumen near the outside will become tough before the yolk is heated. To hard-boil an egg, it needs only to be left in the simmering water longer—say 20 to 30 minutes; it will then be solid but not leathery; the yolk is more mealy when cooked 20 minutes than when cooked 10. Eggs for salads, etc., should be thus hard-boiled, and, when done, put in a basin of cold water a few minutes; then roll them on the table with the hand and the shell will peel off easily. Do not cut up eggs for garnishing purposes until about the time they are needed, or the yolk will dry up and get discolored.

Breakfast Eggs.—A nice breakfast dish is made by taking eggs from the shell and boiling them 2 minutes in a cup of sweet cream; then season with salt and pepper.

CREAMED EGGS.—Remove the shells from 6 hard-boiled eggs, cut them in halves, and cut a slice off the round end, enough to make them stand. Put one tablespoon of butter in a sauce-pan to melt; add 1 tablespoon flour, mix till smooth, add 1 teacup milk or cream, and stir until it boils; season with salt and pepper. Stand the eggs on a heated dish, pour the sauce over, and serve.

CURRIED EGGS.—Cut some hard boiled eggs in halves; cut off the white end sufficiently to make them stand upright; then pour some curry sauce around them, and serve.

DEVILED EGGS.—Boil 1 doz. eggs hard; cut in two, lengthwise, take out the yolks, and mash them. Prepare 2 teaspoons of mustard by pouring a very little boiling water on, and mix smooth; add a small teaspoon of butter, 1 of sugar, a little salt, and a few drops of vinegar. Mix some of the prepared mustard with the yolks, and refill the white part of eggs with the dressing. They make a nice garnish for lettuce, and also a nice dish for picnics. Other stuffings can be devised and filled into the whites in the same way. Cut them in two crosswise instead of lengthwise, if preferred.

DROPPED EGGS ON TOAST.—Have ready a dish of boiling water, well salted, break the eggs into a saucer, and slide into the water, one at a time. Let the water keep at boiling point, but not bubble, and dip the water with a spoon over the top of the eggs. Have ready some nice buttered toast, take the eggs up with a skimmer, lay on the toast, dust a little salt and pepper over them, and serve.

ESCALLOPED EGGS.—Boil 1 doz. eggs for 25 minutes; put in cold water and take off the shells. Slice the eggs, and put them in a pudding-dish in alternate layers with bread crumbs, having a layer of the finest crumbs on the top of the dish. Season each layer of eggs with pepper, salt, and a little chopped parsley, if liked, and before putting on the top layer of crumbs, pour over it a pint of sweet cream. Bake until browned on the top. Serve hot. A good country dish for luncheon, tea or breakfast.

FRIED EGGS.—Take a hot frying-pan, put in a lump of butter, let it melt, and then drop in the eggs; let them fry 3 minutes; add salt and pepper to season; lift out with a skimmer. The nicest way, however, is to use the egg molds now made for the purpose in various sizes. In each mold put a piece of butter, and when melted, drop in the eggs; to prevent the under side from being over-done, loosen the edges every few seconds; season with salt and pepper, and take out with a spoon when done. Sorrel, spinach and green salads are nice with them. If a few eggs are fried in a large mold, put hot water in the unused forms.

Cold Fried Eggs can be used for salad, or revamped by dipping them in fritter batter, and frying. A fine sauce for fried eggs is made of stewed tomatoes, grated cheese, and a couple of chopped up boiled sausages.

EGG GEMS.—Mix together chopped cold meat and bread crumbs, in equal quantities. If liked, a tiny bit of onion, chopped

very fine, may be added to the meat and crumbs. Season with pepper, salt, a spoonful of melted butter, and enough milk to wet and bind it together nicely. Have some gem-pans well greased, and fill with the mixture; then break an egg carefully on the top of each, season it with a little salt and pepper, and sprinkle some fine cracker or bread crumbs on the top. Bake 8 minutes.

EGG NESTS.—Dip slices of toast quickly in hot water, spread lightly with butter, pile on, in the shape of nests, stiffly beaten and salted whites of eggs, place a yolk in the center of each, and bake 3 minutes.

OMELETS.—These light and simple dishes require practice to prepare them to perfection. Do not cook them until just before they are needed, and then serve them at once on a very hot dish. The mixing is simpler than the cooking. Any smooth iron spider will answer, but have it very clean. Have a clear fire, and the pan hot before making the omelet. Mix the omelet, moisten the bottom of the pan with a little butter, pour in the omelet and as soon as slightly brown underneath, turn one half over the other with a knife, let it harden a moment, and turn out on a plate, or lift out with a pancake turner. Brown the omelet merely—never burn it, as the scorched egg flavor is an injury to it. Numerous flavorings can be added, and the name will be derived from the meat, fish, vegetable or herb used.

Omelet, No. 1.—Beat 6 eggs very light, the yolks and whites separate; add $\frac{1}{2}$ teaspoon salt, and 3 tablespoons of milk; have a very hot pan, put in 1 tablespoon of butter, pour in the egg mixture, shake on the hottest part of the stove until the egg begins to thicken, then place on a grate in the oven until set; run the knife between the omelet and pan, fold the omelet over, and serve on a hot dish.

Omelet No. 2.—Take 6 eggs, beat yolks and whites separately; add 1 teacup milk, 1 tablespoon flour, 1 tablespoon butter, salt and pepper to taste. Cook, and serve hot.

Baked Omelet.—Take 4 eggs, yolks and whites beaten separately; 1 cup of milk, 1 tablespoon of flour and a little salt; add the whites just before putting the mixture in the oven. Bake 20 minutes in a well-buttered dish.

Baked Omelet No. 2.—Six eggs, 1 cup of milk, 1 tablespoon of flour, a pinch of salt. Beat the whites and yolks separately. Mix the flour, milk and salt, add the yolks, then add beaten whites. Have a buttered spider very hot; pour in. Bake in a quick oven 5 minutes.

Green Corn Omelet.—Take 6 ears corn, grate or cut the kernels

fine, add 4 eggs, 1 tablespoon flour, 1 cup milk; season with salt and pepper, and bake $\frac{1}{2}$ hour.

Orange Omelet.—Mix a little orange juice, grated rind, and sugar, with the eggs before cooking them. Or (2) slice the oranges, removing the seeds and skin; make a plain omelet, and fold the omelet over part of the oranges, and spread the rest on top when it is done, sugaring the top also.

Queen Omelet.—Use 2 extra yolks to every egg. Beat fast for 2 minutes. Have the frying-pan or spider hot, with a piece of butter the size of an egg; set in a hot oven and bake. When done it will be a light puff, and the extra yolks will keep it in shape and prevent its falling. Sprinkle with salt, and, if liked, with sugar; turn on a hot plate, sprinkle the other side with salt, and send to the table.

Rice Omelet.—To 1 cup of steamed or boiled rice, add 1 cup of water, 3 well beaten eggs, and 1 teaspoon of butter; season with salt and pepper, and, if liked, with a little finely chopped ham. Bake until it is a light brown.

Sweet Omelet.—Do not use any pepper, but add a little sugar—about 1 teaspoon for each egg. Make like a plain omelet, and when done, sprinkle sugar on top. This can be varied by putting any desired kind of jam, jelly, marmalade or preserves on top, or they can be folded inside when the omelet is folded over.

Omelette Souffle.—Beat thoroughly together the yolks of 6 eggs and 6 tablespoons of pulverized sugar; flavor with vanilla or lemon, and then beat the whites of the eggs to a stiff froth, and stir lightly and quickly with the yolks and sugar; bake in an enameled pudding-dish, or in small paper *souffle* cases, one for each person. The souffles should bake 10 or 15 minutes in a moderately hot oven, and be sent to the table immediately, as they soon fall. Blanched and pulverized sweet almonds can be added to the above for *Almond Souffle*.

Various Omelets.—Any sort of an omelet can be made by folding into the omelet either sardines, tomatoes, ham, oysters, cheese, kidney, mushrooms, macaroni, or whatever one desires or has on hand. Asparagus tops are nice in an omelet. The ingenious cook can devise many new and attractive dishes.

POACHED EGGS.—Break the eggs separately into a cup; let them slide gently into boiling water with a few drops of vinegar in it. Take them out and serve on hot buttered toast. They are often conveniently poached in a frying-pan; when poached in quantities they are apt to run together. In poaching eggs, a few drops of lemon juice or vinegar in the water keeps the whites from spreading.

EGGS POACHED IN GRAVY.—Poach the eggs in gravy instead of water. Serve them in their gravy, if clear. Or, poach the eggs in water, and serve with rich gravy poured round them.

HAM AND EGGS.—Prepare thin slices of fried or broiled ham, and serve a poached egg on each one.

EGGS ON RICE.—Butter a baking dish and fill it $\frac{3}{4}$ full of cold rice which was seasoned with salt and butter when boiled; make as many depressions in the rice as there are persons to be served, break an egg into each depression, sprinkle with salt and strew with bits of butter. Bake until the eggs are set. Serve hot.

SPANISH EGGS.—Serve poached eggs on highly seasoned, hot, boiled rice.

ANCHOVIED EGGS.—Prepare slices of toast, spread them with butter and anchovy paste, and put a poached egg on each slice. Sardine paste may be used instead of the anchovy, if preferred.

SCRAMBLED EGGS.—For every egg allow an even tablespoon of melted butter and a tablespoon of sweet milk. When the butter and milk is hot, put in the eggs without beating, and stir. When it begins to cook, scrape fast from the bottom of the frying-pan to keep from scorching. Take off while very soft, as they cook a half minute after being taken off, for which many cooks do not allow. Serve by itself hot, or on toast. A dash of lemon juice added just as they are going to the table is an improvement.

Scrambled Eggs No. 2.—Beat the eggs, and allow 1 tablespoon of milk for each egg; season with salt and pepper, and fry in a buttered frying-pan, and while cooking, stir from the bottom. A few spoons of boiled string-beans, or boiled peas, or tender ends of asparagus left over from dinner, can be stirred in; these are nice, furnish variety, and use up remnants. Try and devise new dishes.

SCALLOPED EGGS.—Moisten bread crumbs with cream; place a layer in the bottom of a buttered dish; slice hard-boiled eggs, and put in a layer of them, with butter, pepper and salt, with chopped cold meat; continue alternately until the dish is full; sift grated crumbs over the top, and put bits of butter on it; set it in the oven and bake 10 minutes.

SHIRRED EGGS.—Take 6 eggs, 3 tablespoons of gravy—from poultry is best—enough fried toast to cover bottom of a flat dish, a very little grated cheese, 1 teaspoon butter. Melt the butter in a frying-pan; when hot, break into this the eggs. Stir in gravy, and

season; stir quickly and well up from the bottom, until the whole is a soft yellow mass. Have ready in a flat dish the fried toast. Heap the stirred eggs upon this, and serve before it hardens.

SCOTCH EGGS.—With 1 cup of cooked ham, chopped fine, mix $\frac{1}{2}$ a cup of bread crumbs made into a paste with $\frac{1}{2}$ a cup of milk, $\frac{1}{2}$ a teaspoon of prepared mustard, a little salt, and 1 egg, well beaten; hard-boil 6 eggs, remove the shells, and cover them with the prepared mixture, and fry about 2 minutes in very hot fat; serve either hot or cold. Chicken, veal or salmon may be substituted for the ham, but lemon juice should be added to the seasoning if salmon is used.

SNOWED EGGS.—Beat the whites of 6 eggs till stiff; have on the stove 2 cups of milk sweetened and flavored with vanilla; when it boils drop the beaten eggs into it by tablespoons, and as soon as they set dip them out. Let the milk cool a little, then slowly stir in the yolks of the eggs, and when thick pour it around the snowed eggs and serve.

STEAMED EGGS.—Break each egg into an egg-cup, set them in a steamer and steam until cooked. They can be put in buttered patty-pans, if more convenient, and then steamed. Serve hot.

STUFFED EGGS.—Cut hard-boiled eggs in two, take out the yolk, and mix it with fried onions, a little finely chopped ham, and parsley, pepper and salt; fill the whites with this mixture, and fry until the yellow browns a little.

EGG TOAST.—Take a tablespoon of butter and 2 of cream, and warm together in a frying-pan. Break 6 eggs in it and stir lightly until cooked; have it well seasoned; have buttered slices of toast, spread the mixture on it, and serve hot.

MILK, BUTTER AND CHEESE.

MILK.

MILK is the only food which, taken alone, will support life in all its stages. It is the only perfect food for children, and in old age it is one of the most valuable foods known.

The fat rises in the form of cream; curd is the nitrogenous matter, and the whey contains sugar of milk, or lactose, with the salt or mineral matter. Milk differs as procured from different animals, but its general characteristics are the same in all, and that of the cow is most generally used. Unless the milk is of the best quality, all the preparations made from it will be of an inferior character.

Milk when taken into the stomach is coagulated by the acids in the gastric fluids, and the coagulum (*curd*) is digested like any other solid. The watery parts are absorbed. If much milk is drunk rapidly it will form a solid mass; if it is sipped a little at a time it will be broken into small parts, and will, therefore, be more easily digested. A quantity of acid taken into the stomach just before or after drinking milk is apt to harden the curd, and so interfere with its digestion. Between milk, flour and blood, there is great similarity of composition. The curd is the albumenoid part.

From no other substance, solid or fluid, can so great a number of distinct kinds of aliment be prepared as from milk, some forming food, others drink; some of them delicious and deserving the name of luxuries, all of them wholesome, and some medicinal.

Milk when first drawn from the cow is slightly alkaline, but afterwards lactic acid is formed, so that it becomes first neutral, then acid, and the acidity goes on increasing until it is perceptible to the taste; this acidity is thought to assist in the rising of the cream. In milk we have the tissue-making elements in its casein, and the heat-making in its butter; the curd or casein is changed to albumen again in the process of digestion.

The souring of milk is caused by the bacteria which alight on the milk and cause a fermentation which acts on the lactose (sugar of milk) and forms lactic acid, which causes the sourness. When enough acid is formed it will unite with the soda in the casein, making lactate of soda. The casein, when thus deprived of its soda, is insoluble in water, and it shrinks into a curdy mass. The introduction of an acid will hasten the process, as is done in making cheese.

Solidified milk is made by sweetening fresh cow's milk, and evaporating it to dryness in a water bath; when re-dissolved in water, it is said to have all the qualities of fresh milk. This preparation of milk is sometimes called *lactoline*.

Sugar of milk is the dry, white, nearly tasteless powder used by physicians in preparing medicine in powders. It does not gather dampness like cane sugar, and will keep in good condition for years. It is sometimes given to children by itself, as a remedy in certain conditions of the system. It is made from evaporated whey.

Canned or Condensed Milk.—This is now to be obtained in all parts of the civilized world, and is invaluable, as, being evaporated

by steam and hermetically sealed, it will keep for an indefinite time, while sealed, and after the can is opened, if care is taken, it will keep good for a week. The directions for reducing it are on the can. There is cane sugar added to it before condensing, and it has the color and consistency of thick, opaque honey. It can be used clear, a teaspoon to a cup of coffee, without sugar, as it is already sweetened. Diluted to the right consistency, it is much used as a food for infants. When good milk is difficult to obtain, condensed milk is a great blessing, for, being sterilized by extreme heat, it is free from dangerous germs. The large amount of cane sugar which it contains, and which is added to preserve it and prevent its thickening in the can, renders it somewhat less suited for infants than the natural milk, however.

Sour Milk.—If milk sours on your hands, do not throw it away—it can be used in various ways, as in making corn bread, soda biscuit and all kinds of pancakes, while many cooks prefer it to sweet milk, in making cookies, doughnuts and gingerbread. Sour milk can be substituted for sweet in making most kinds of cake, but remember in that case that only half as much cream of tartar should be used as the recipe calls for.

Buttermilk also has many uses besides being used as a drink (to drink, it should be fresh) as it can be made into soup, or used in making corn bread, pancakes, soda biscuit, and many kinds of cake.

BUTTER.

Butter is the solidified oil or fatty matter of the milk of animals. The Greeks and Romans neither employed it in cooking, nor had it brought upon their tables; they used it only as an ointment in their baths. The Hebrews appear to have used it as food from an ancient date, and in England it has been used from very early times. In making butter the utmost care is required in all the manipulations from the time it leaves the cow until it is packed. The peculiar flavor of butter is derived principally from the butyric acid it contains. In the milk, the globules of fat are held in solution by the albumenoid (or proteid) matters, forming what is termed an emulsion. The albumenoid matter must be separated from the butter before or during the process of churning, or the butter will not keep well.

TO MAKE BUTTER QUICKLY.—Immediately after the cow is milked, strain into clean pans and set over a moderate fire until it is scalding hot; do not let it boil; then set it aside, and when cold, skim off the cream, and the milk will still be fit for any ordinary use.

When you have enough cream, put it into a clean earthen basin, beat it with a wooden spoon until the butter is made, which will not be long; then take it out of the milk and work it in a little cold water until it is free from milk, then drain off the water, put in a small tablespoon of fine salt to each lb. of butter and work it in. A small teaspoon of fine white sugar worked in with the salt will be found an improvement; sugar is a great preservative. Make the butter in a roll, cover with a piece of muslin and keep in a cool place.

An easy method of washing butter is to remove the butter from the churn, pour off the milk or buttermilk, as the case may be, half fill the churn with cold water (a little salt may be added to the water), replace plunger and throw back the butter, and operate the churn as before for 1 minute. This process will extract all the milk from the butter, which may then be placed in a sieve to allow the water to strain from it, and then worked in the usual manner.

BUTTER, TO SALT (Irish Recipe).—To 1 lb. of common salt add 1 lb. of saltpetre and $\frac{1}{4}$ lb. of white sugar; pound all these together and mix them well, and to every pound of butter allow 1 ounce of this mixture; make it fresh as you want it, observing to be careful always to keep the same proportions, and to mix the ingredients thoroughly. The butter should stand a month before you use it, to ripen.

Butter to Salt, No. 2.—One pound of best salt, 4 oz. of sugar and 1 oz. of saltpetre; pulverize it well together, and allow of this, 1 oz. to the pound of butter.

CLARIFIED BUTTER, OR GHEE, as it is called by the Arabs, is prepared as follows: Put butter in a farina boiler or porcelain bowl, put it on the stove and bring to a boil; when cheesy, thick, white grains form, move it to the back of the range; the buttermilk which rises to the top should be skimmed off; after it has settled, strain it, and the clear, oily fluid remaining can be bottled for use. It can be kept for years, and for frying oysters, fritters, etc., there is nothing better known.

SUBSTITUTES FOR BUTTER.—Butterine.—In preparing this, lard is heated to a temperature not exceeding 120°, and the oil is separated; a similar oil is obtained from beef fat, the 2 are mixed, and they are then churned with milk, making the butterine of commerce.

Oleomargarine.*—In preparing this, beef fat is washed, ground,

*It was during the Franco-German war of 1870-71 that a French chemist Mege-Mourier acting under instructions from Napoleon III, went into his laboratory and

and heated to 120° to 200° to separate the oil, which is known as "butter oil." This is cooled, salted, put into milk, a little annatto added to give it color, and it is then churned and worked like butter. In preparing butterine and oleomargarine only the best fats can be used, for there is no way now known to remove the unpleasant odor of fat if it is at all foul. These preparations are about as nutritious as true butter, and if properly used they are a most valuable addition to the food of the poorer people, who commonly suffer from a want of fatty food. Strict laws have been passed in some of the states against their sale except under their true name, and this is very desirable. It is a fraud to sell them for pure butter, but if well made, and sold for what they really are, they merit an extensive sale. They are certainly preferable to the poorer grades of butter, often partly rancid, which are frequently sold in the large cities. The objection to their use rests rather on sentiment and prejudice than on any physiological basis. They are to be considered rather as substitutes for, than imitations of butter.

Other substitutes for butter are the vegetable oils; olive oil is best, if pure, but it is often adulterated with inferior oils. Peanut oil is excellent, and cotton-seed oil of late has taken an important place in cookery; it is inexpensive, and a less quantity is required than of butter in cooking. A preparation of cotton-seed oil and beef suet has been widely advertised, and is much used instead of butter and lard. Sesamum or Benne oil should be better known; it is easily raised in the southern states. It is a bland and odorless oil, and a most excellent substitute for olive oil in salads. It keeps for a long time without becoming rancid, if stored in a dark place. Poppy-seed oil is also being used now somewhat. We believe the day is near at hand when some of the vegetable oils will largely supplant lard and other animal fats in nearly all cooking operations.

Some people who have a dread of "margarine," take a piece of fat pork, melt it down, and strain it through a piece of coarse, thin muslin; then set it aside until it is cold. It is then white and firm, and may be used like butter in any kind of cake. In pound cake it is delicious.

A Word About Fats.—And right here we may say a few words about different fats. There are three substances called "stearin," "margarin," and "olein" which, without exception, principally make up all the fats we consume. They are called "neutral fats," and the fact

invented the process of making a substitute for butter, designing it for use in the French army. The process has since been further perfected, and the making of these substitutes has now become a great industry.

that they melt at different temperatures constitutes the principal difference between them. There is a small amount of what are known as "fatty acids" in the vegetable oils, and in butter there is from 5 to 8 per cent. of 4 of these fatty acids (butyric, capronic, caprylic and caprinc) and from these butter derives its peculiar flavor. Olein melts the most easily, and stearin the least so. The fats which melt most readily are the most digestible, and are most readily assimilated by the system, but the healthy stomach readily disposes of any fat used in the household, in reasonable quantities, although it should be taken into the system finely divided instead of in lumps. It will readily be seen, therefore, that all the fats are substantially alike, and when once they are assimilated, they perform the same services for the body. Their flavors, and the readiness with which they melt in the mouth and in the digestive tract, make some forms, like butter, more palatable than others. Mutton fat would do about as well as any, but it is not swallowed readily because it contains so much stearin. The body requires a certain amount of fat, but it makes very little difference which one it takes, and for this reason the introduction of some cheaper forms of fat, in such a shape that they will be palatable, will be a great benefit to the mass of the people. We believe, as we have elsewhere stated, that some of the vegetable oils will soon be quite generally used, and it is certainly to be desired that they should be. Wealthy people will always use the best butter, but the mass of the people should understand what the cheaper substitutes are, and their properties and merits, and certainly there is no hygienic or physiological reason why they should not use these cheaper substitutes, and so make a material saving in the household expenses.

To keep butter sweet when it seems likely to taint, take some lime water and put the vessel containing the butter into it, leaving it there until the sweetness is restored.

Rancid butter may be sweetened and recovered (1) by washing and kneading it well, first in new milk, and afterwards in cold spring water; butyric acid, on which the rancidity depends, being freely soluble in new milk. (2). Beat the butter in a sufficient quantity of water, in which you put 25 to 30 drops of lime chloride to each pound of butter. After mixing it till all its parts are in contact with the water, it may be left in from 1 to 2 hours; afterwards withdraw, and repeatedly wash in fresh water. (3). Melt the butter and skim as for clarifying; then put into it a piece of bread thoroughly toasted all over. In 1 or 2 minutes the butter will lose its offensive smell and taste. (4). Thoroughly mix 1 teaspoon of soda and 1 tablespoon

of salt for each pint of butter; then add equal parts of butter and cold water, set on the stove, and bring all to a boil; then remove, let cool, and take off the butter; it will be sweet, and good for cooking. (5). A little saltpetre worked into butter that has become sour or rancid will render it sweet.—Remember that great care must be taken not to burn butter when trying it out.

A word about rancid butter.—Nobody eats it on bread, but it is sometimes used in cooking, although it really ruins every dish into which it enters. It is injurious, and many cases of dyspepsia can be directly traced to rancid butter. It should never enter into the composition of any dish which appears on the table. Sweeten it or throw it away.

To keep butter hard in hot weather, without ice, invert a large crock of unglazed earthenware over the dish containing the butter (a large, clean flower-pot will answer); the porousness of the earthenware will keep the butter hard if the pot is wrapped in a wet cloth. Another way is, after one meal is served, take a silver-plated butter-dish, clean and wash it, then when cool, place on it sufficient butter for the next meal; set the dish in a shady, airy place (in a draft if possible); wet a clean towel with cold water, cover the dish tightly with the towel and let it stand until the next meal; the evaporation of the water will cool the butter.

CHEESE.

When milk is curdled it separates into two portions—curd and whey. The former consists of the butter and casein, and produces cheese; the latter is mainly water, holding the sugar and mineral constituents of the milk in solution. Any acid introduced in milk has the curious property of coagulating the curd or casein. This acid is supplied by the "rennet," but in some countries a weak solution of hydrochloric acid is used instead. In preparing cheese for cooking, old cheese should be grated, and new and soft ones should be chopped.

An analysis of cheese shows it to be one of the most nourishing of foods, 1 lb. of average cheese containing more nutriment than an equal weight of ordinary meat. Eaten raw it is not suited to persons of weak digestion or of sedentary habits, and it tends to produce costiveness. If it could be properly cooked it ought to be one of the most desirable of foods. It is frequently over-cooked, converting it into an air-tight, leathery substance, which is harder to digest than the raw cheese. When lightly cooked it is easily assimilated, and very nourishing. In fact it is too nourishing to be eaten heartily as an accompaniment to meat; it is more adapted for the main course of the meal. It is most deficient in the salts of potash, which, on account of their great solubility, are left behind in the whey. Eating freely of fruits or salads will supply these salts, but vegetables do not answer the purpose, because in ordinary methods of cooking them, their salts are dissolved out and wasted.

With the advance of scientific knowledge and scientific cookery, the true value of cheese for food will sometime be better appreciated, and it will take a much more important place among the foods of the race than at present, we believe, and

it is certainly entitled to it. We would add that some of the German scientists have recently been investigating the digestibility of cheese. Dr. Rubner found that when taken alone he could not consume much of it, but when taken with milk he easily assimilated nearly $\frac{1}{2}$ lb. The softer kinds are very largely used in Germany. Except in fat, skim cheeses are as nutritious as any others.

Rennet.—This is made from the fourth or lowest stomach (the *abomasus*) of the calf. Soon after the animal is slain the stomach should be cut open at 1 end, emptied of the curdled milk, and turned inside out; then with a damp cloth dipped in dry salt, carefully wipe the inside of the bag until it is free from any particles of curdled milk; do not wash it, as that extracts the gastric juice. Rub fine salt thoroughly into both the inside and outside of the bag, place it in a bowl, and cover it to keep out the flies. The next day there will be a brine formed with the salt; turn the rennet-skin in the bowl, and let it stand another day to pickle. Take a long, slender, green, wooden stick, make it into bow shape, and stretch the rennet bag on the stick and hang it up to dry. When thoroughly dry, do it up in paper so that no insects can get into it, and keep it in a dry place.

To Prepare Rennet.—When wanted for use, the dried rennet is cut in pieces about an inch square, and if to be used for invalids' curds it is put in a bottle with wine; a piece half the size of the hand is enough for a pint of wine; it must be kept well corked. It is better to have the druggist prepare the wine after his formula. A tea-spoon is enough to "set" a quart of sweetened milk. Set the milk on some solid foundation, as it then coagulates with much less rennet than when it is jarred by people walking near it. For dairy purposes the rennet is steeped in a weak brine, but that way of preparing it is not the best for invalid cookery.

The Usual Mode of Serving Cheese, is to cut the desired quantity into neat, square pieces, and put them in a glass cheese-dish, in which it is handed around the table. If the cheese is too crumbly to serve in this manner, the host or hostess can have the large piece of cheese placed on the table, with a cheese-scoop to serve it with, or a heavy silver spoon. The cheese must be nicely scraped before serving in the latter way. When there is a cheese course at dinner, several kinds of cheese are placed on the table at once, cream cheese, Parmesan, Stilton, etc., etc., and rusks, crackers, or fancy biscuits, fanciful pats of butter, lettuce, cucumbers or cresses, are served with the cheese.

Parmesan cheese is, perhaps, the most celebrated of the foreign varieties. It is made of skimmed milk, and owes its rich flavor to the fine, sweet herbage of Lombardy about Parma and Pavia, in Italy, where the cows are pastured. It is distinguished by its power of keeping, and after being kept some time it becomes hard and needs to be grated before it can be used.

BOILED CHEESE.—Take 2 thick slices of cheese, 1 teaspoon of butter, $\frac{1}{2}$ teacup of milk, a little sugar and mustard, 1 egg, pepper and salt to taste. Put all the ingredients, except the egg, into a clean pan, and stir over the fire until they boil and become quite smooth; then beat the egg well, and stir it in over the fire for a minute, after which pour out on a dish and brown in the oven.

CREAM CHEESE.—Dip a cheese cloth in salted water, and put it in a square dish or baking tin, having first laid a folded napkin in the dish; on the cheese-cloth put the thickest cream you have—it must be perfectly sweet (Devonshire cream is the best); pour the cream in, a little at a time, and sprinkle a little salt on each layer; fold over the cloth and let it lie until the next day; then turn it into a dry cloth, put a dry, folded cloth under it, put a little square platter on it, and set a flat-iron on the platter; change the dry cloth once more, and on the third day it is ready to eat. If preferred, this cheese can be made in a round form in a pudding-dish.

COTTAGE CHEESE.—Put a pan of sour or loppered milk on the stove or range where it is not too hot; let it scald until the whey rises to the top (be careful not to let it boil or the curd will become hard and tough). Place a clean cloth or towel over a sieve, and pour this whey and curd into it, leaving it covered to drain 2 or 3 hours; then put it into a dish and chop it fine with a spoon, adding a teaspoon of salt, a teaspoon of butter, and enough sweet cream to make the cheese the consistency of putty. With your hands make it into little flattened balls. Keep in a cool place. Some like it made rather thin with cream, serving it in a deep dish.

DEVONSHIRE CREAM.—The milk should stand 24 hours in the winter, and half that time in warm weather; then the milk pan is set on the stove, and should there remain until the milk is quite hot, but it must not boil. When it is sufficiently done, the undulations on the surface look thick, and small rings appear. The time required for scalding cream depends on the size of the pan, and the heat of the fire, but the slower it is done the better. Set it back in the dairy again, after scalding, and skim the following day. This cream is so much esteemed that it is sent to the London markets in small square tins, and is exceedingly delicious when eaten with fresh fruit. In Devonshire, butter is made from this cream, and is usually very firm.

CHEESE FRITTERS.—Put into a sauce-pan 1 pint of water, $1\frac{1}{2}$ oz. of butter, a teaspoon of black pepper, and a pinch of cayenne, and

bring the water to boiling point; then gradually stir in flour enough to make a thick paste. Remove from the fire and incorporate $\frac{1}{4}$ lb. of grated Parmesan cheese, the whites of 2 eggs beaten to a froth, and the yolks of 4. Let the paste stand for 2 hours, and then fry in little pieces, dropped into boiling lard. Sprinkle a little salt over them before serving.

FONDUE.—Beat 6 eggs until light; season with salt, pepper and 2 tablespoons grated cheese; put a tablespoon of butter in a frying-pan; when hot, pour in the eggs and stir until well done and smooth; serve on buttered toast.

THE HOME CHEESE SCALLOP.—Soak 1 cup of dry bread crumbs in fresh milk; beat into it 3 eggs, add 1 tablespoon of butter and $\frac{1}{2}$ lb. of grated cheese; strew upon the top sifted bread crumbs, and bake in the oven a delicate brown.

ITALIAN CURDS (*Gallino Curds*).—Take a number of the rough coats that line the gizzards of turkeys and fowls; clean them from their contents, rub them well with salt, and hang them to dry. When needed for use, break off bits; pour over them a little hot water, and after standing over night it is ready for use. It makes a more delicate curd than calf's rennet. Warm 2 quarts of milk, and add some of the gallino liquor, and, when the curd is well set, dip it carefully with a large spoon or ladle into a colander over which a cheese-cloth has been spread; handle it carefully so as not to start the white whey. When the whey has separated from the curd, so that it has consistence, sprinkle with salt, and send to the table.

CHEESE AND MACARONI (*Italian Mode*).—Boil 6 ounces of the best macaroni in 3 pints of boiling water, with a little pepper and salt. Allow it to simmer gently for 15 or 20 minutes, then drain it, return the macaroni to the sauce-pan with $\frac{1}{2}$ a pint of good gravy and allow it to simmer until it has absorbed all the liquid. Have ready grated $\frac{1}{2}$ lb. of cheese, put half of it with the macaroni until it is nearly melted, and then add the remainder with an ounce of butter. Stir it well, always the one way, until cheese and macaroni are well mixed. Serve very hot. A little short crust bordering the dish is an addition.

POLPETTI (*Italian*).—Chop cold meat finely, either roast or boiled; season with mushrooms or truffles, and grated Parmesan cheese, nutmeg, salt, pepper and chutnee sauce; spread on a tin to cool, after being well heated together; cut in small squares when cold, dip in egg, and then in bread crumbs, and fry in hot lard. Serve with plain boiled macaroni and cream.

POTTED CHEESE.—To pot cheese is an economical way of disposing of any that has become dry. Cut the cheese into small pieces, and pound it smoothly in a mortar, adding a little nice sweet butter, just sufficient to make a paste suitable for spreading on bread for sandwiches; add a little mixed mustard, and a trifle of cayenne to the paste; pack in little earthen pots; if to be set on the table for an appetizer, cover closely, and set in a dry place; if there is danger of mold, put a few drops of extract of cloves on the top of the paste before covering; or, if preferred, a thin layer of nice salad oil.

SMEAR CASE.—Pour boiling water on clabbered milk, till the curd separates from the whey; let it stand till the curd settles, then pour cold water on it and stir; let settle, drain water off; do this till the water is clear, then let it settle, and squeeze out enough curd for one meal. Season with salt, pepper and sugar, and pour good, sweet cream over. You can keep it in water for several days, by changing the water every day.

CHEESE STRAWS.—Mix together 4 tablespoons of flour, a pinch of salt, a very little cayenne pepper, and 3 oz. of grated English cheese. Add the beaten yolk of an egg, and then enough iced water to make a very stiff paste. Roll the paste out on a board into a sheet $\frac{1}{8}$ of an inch thick. Cut the paste into strips $\frac{1}{8}$ of an inch wide and 5 inches long, and bake them about 10 minutes in a very hot oven. They should be a very light brown. If you have any scraps of paste left, roll them into a sheet, and cut it into small rings. Bake them, and slip little bundles of the straws through them.

TOAST WITH CHEESE.—In 1 cup of milk stir 1 cup of grated cheese, and boil until the cheese softens in the milk; then add 2 well-beaten eggs; stir until it boils, take from the fire and spread over nicely-browned toast. Served very hot. This will be found enjoyable. It is a nice dish for breakfast or tea.

WELSH RAREBIT.—Cut slices of stale bread about $\frac{1}{2}$ inch thick, and toast them a nice brown on both sides (take time enough so that it can be well done without scorching, and this rule will apply to making toast at any time). Have as many thin slices of rich, mild cheese as there are of the toasted bread; dip the edges of the toast in hot water, and spread with softened butter; lay a slice of the cheese on each slice of toast, and set the platter on the top shelf of a hot oven until the cheese is melted into the toast and slightly browned. Another way is to lay each slice of toast on a blue-edged English baking-plate, just a little larger than the toast;

dust a little cayenne, or pepper, on the toast before putting on the cheese; place the little plates in a large dripping-pan, without water, set on the top shelf of the hot oven, and when done as above directed, serve each person with the rarebit on the hot plate. Another method is to melt the cheese in a little cup and pour it over the prepared toast. Some add a little butter and milk, stirring it into the melted cheese till smooth, before pouring it over the toast. Others add a little egg, butter, mustard and cayenne. Do not make it until just ready to serve it, as, if it stands and becomes cold, it will be nearly spoiled.

CHEESE CRACKERS.—Take small, thin crackers, sprinkle on grated cheese and set in the oven until the cheese adheres to them. Serve either hot or cold. Some people butter the crackers lightly and add a dash of cayenne before sprinkling on the grated cheese.

SALADS.

SALADS are preparations of vegetables, fruits, nuts, meats and fish, which are dressed with oils, acids, salt, pepper and often mustard. Vegetables when eaten raw are apt to ferment in the stomach and the condiments used, such as vinegar, pepper, salt and mustard, aid in their digestion. The prejudice against the use of oil which is entertained by many people is probably exaggerated, as it is a nutritious food and aids digestion, but medical authorities differ about its value.

The vegetables used in salads should be very carefully cleaned, using ice-cold water to wash them in, and they should be afterwards carefully dried in a towel. Do not break the leaves if you can help it, as that will make them wilt quickly. Putting lettuce, cabbage, celery, etc., into ice-cold water for 2 or 3 hours will make them crisp. Vegetable salads are best eaten at once after they are made, but chicken salad will keep a number of days in cold weather. As a knife when used on a vegetable salad will blacken it, and impair its crispness, it is better to avoid using one; use a wooden spoon to stir a salad, and stir no more than necessary.

The freshest olive salad oil is the best to use. Cotton-seed oil is often sold as olive oil, which is a fraud, but if sold at a fair price under its true name, its use is unobjectionable, as it is a nutritious vegetable oil. Melted butter is used instead of oil by some people, who say they like it better. While melted butter may do for family use, oil is the only thing for "state occasions." Arrange a salad on a platter or in an earthen salad bowl; never put it in glass, as it looks disagreeably smeary when you begin to dish it out.

As lettuce is necessary to so many salads, a word may be said about the proper way to prepare it. It is quite apt to be infested with insects which penetrate even to the inner leaves, and therefore each leaf must be carefully washed and examined. Let it stand in very cold water an hour or longer, shake in a wire basket or coarse towel to free it from water, and put in the ice-box until serving time. An easier and quicker way than cutting lettuce for salad is to lay 6 or 8 leaves together in the hand and twist and tear them apart; it is better to tear than to cut it.

There is a common idea that salads are difficult to make and are principally adapted for the wealthy, or for special occasions. This

is a mistake, as they can be made from "left-over" vegetables, and so are economical, and they are easily prepared when one knows how. The common people among the French use them almost daily, and to advantage.

The vegetables used should be drained or dried thoroughly from the water, or the dressing when applied will be watery, and spoil the salad. Do not prepare plain salads until wanted at the table; if prepared long beforehand, the lettuce withers, and the dressing becomes watery.

There is an admirable Spanish proverb about dressing salads. It says it requires 4 persons to mix a salad; a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to add the seasoning, and a madman to stir it together.

To Fringe Celery.—A simple and convenient way to fringe celery stalks, is to take a cork, put many large needles in the end, and then cut the celery into pieces about 2 inches long, and draw about half of each strip through the needles a few times. When well shredded, put away to become crisp in a cold place. Thus prepared it makes a good garnish for salads, meats, etc.

To Marinate a salad, is to let it stand for a time to season, sprinkled with a French dressing.

Although salads usually contain no flesh forming or heat giving material, they are valuable because they introduce into the system large quantities of saline matter, which by the common method of cooking is generally removed from vegetables. For this reason they are of much value to the poorer inhabitants of our towns and cities. They should be cleaned very carefully so that no parasitic animals remain in them. The vegetables are best used when freshly cut, although some of their freshness may be regained if the stalks are freshly cut and placed under water. The salad dressing should not be added until the last moment. The French and Italians seem to best appreciate the value of salads.

SALAD DRESSINGS.

FRENCH SALAD DRESSING.—Mix 1 saltspoon salt and $\frac{1}{2}$ saltspoon pepper; then mix in 3 tablespoons salad oil slowly, and 1 tablespoon vinegar, and pour it over the salad. If liked, $\frac{1}{4}$ teaspoon of onion juice can be added; some people also add 1 teaspoon of made mustard. Lemon juice or tarragon vinegar can be used instead of the vinegar if preferred. For a French dressing the standard proportion is to use 3 times as much oil as vinegar, but some people use as high as 6 times as much oil as vinegar, and others as low as $\frac{1}{2}$ as much. Tastes differ, and these rules are all variable.

MAYONNAISE DRESSING.—Break the yolks of 2 raw eggs in a soup plate, beat smooth with a silver fork, and add oil, a few drops at a time, until it begins to thicken, when it can be added in

larger quantities; but the stirring must be kept up constantly, and with a rapid motion. When it grows thick, add a few drops of vinegar, beat smooth again, and then add 1 teaspoon of salt, a level saltspoon of mustard, and a dust of cayenne. The vinegar should be added a little at a time until 2 tablespoons have been used. The amount of oil depends on the quantity of dressing required, but a scant cupful will be an abundance for an ordinary salad. Should the mayonnaise curdle, or crack, as it is called, take another egg, add oil in small quantities until it thickens, and then stir in the curdled mixture, which will soon grow smooth and velvety in appearance. Take special pains in hot weather to have both ingredients and utensils ice cold.

To color mayonnaise, lobster coral will produce a bright red, and spinach green or chopped parsley will color it green.

BOILED DRESSING.—Take 1 tablespoon of sugar, 1 tablespoon of mustard, 1 tablespoon of salt, 1 tablespoon of oil or butter; stir together until smooth, and then add 3 eggs and beat well; add 1 cup vinegar and 1 cup milk and cook in a double boiler to a smooth paste, stirring constantly. It will keep 2 weeks in a cool place.

BOILED DRESSING No. 2.—Beat 3 eggs well; add $\frac{1}{2}$ cup butter, 1 cup vinegar, 2 teaspoons lemon juice, 1 teaspoon salt, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon cayenne pepper; boil until thick.

CREAM DRESSING.—Rub the yolks of 2 hard-boiled eggs fine with a spoon, stir in a tablespoon of melted butter, $\frac{1}{2}$ teacup of thick sweet cream, a saltspoon of salt, a dust of cayenne, and vinegar enough to reduce all to a smooth, creamy state. Add a little mustard also, if liked, and pour it upon salad when ready for serving.

EGG DRESSING.—Rub to a paste the yolks of 2 hard-boiled eggs. Add 1 teaspoon each of mustard, salt and sugar, with $\frac{1}{2}$ teaspoon of pepper, drop in about 2 tablespoons of salad oil or sweet cream, and add 4 tablespoons of lemon juice. This is a nice dressing for canned salmon also.

SALAD DRESSING WITHOUT OIL.—Rub till smooth the yolks of 2 hard-boiled eggs, add 1 teaspoon powdered sugar, $\frac{1}{4}$ teaspoon white pepper, 1 teaspoon of mixed mustard, $\frac{1}{2}$ saltspoon of salt and a pinch of cayenne; mix thoroughly and add equal amounts of cream and vinegar until the mixture has the desired consistency. Rubbing the rind of a fresh lemon on a piece of loaf sugar, and dissolving this in the vinegar before using it will be an improvement. Those who cannot eat salads containing oil can try this dressing.

SWISS DRESSING.—Put 2 ounces of cheese in a mortar, pound it well, add 1 tablespoon vinegar, a small quantity of salt and pepper, and very gradually dilute it with salad oil.

VEGETABLE SALADS.

BOILED SALAD.—Boil celery and beans separately until tender, cut the celery into pieces about 2 inches long, put both into a salad dish and cover with one of the salad dressings previously given. Some people find salads indigestible when made with raw vegetables, and the cooked salads are more wholesome if less agreeable to the taste. A little boiled onion, boiled cauliflower, chopped lettuce, blanched endive or tarragon can be added if desired; also slices of cold meat, poultry or fish.

ASPARAGUS SALAD.—Take boiled asparagus and dip it while warm into melted butter with which is mixed a little mustard and lemon juice or vinegar. The extreme ends need not be coated. Arrange with the heads toward the center. It is better if iced before serving. Or (2) cut the tender parts of boiled asparagus into short lengths, and cover it with a mayonnaise dressing.

BEET SALAD.—Cut cold boiled beets into pieces, and cover with any salad dressing. Celery or other vegetable may be added if desired.

STRING BEAN SALAD.—String young, green string beans, and cook till tender in salted water; then drain, cover with cold water, let stand till cold, drain and dry. Serve with or without lettuce, and use a French dressing. Add a little onion juice, if liked.

CABBAGE SALAD.—Chop a cabbage, and add a French, mayonnaise, or boiled dressing.

CARROT SALAD.—Into a salad bowl put 1 cup chopped celery, $\frac{3}{4}$ cup boiled sliced carrot and 2 cups chopped cold veal; add a little finely chopped raw onion, season with salt, pepper and a very little melted butter, pour over $\frac{1}{2}$ cup good vinegar and mix well.

CAULIFLOWER SALAD.—Boil the cauliflower, cut in pieces, and cover with a French or mayonnaise dressing. A little parsley, boiled beets, carrots or tomatoes can be added if desired, and also cold tongue or other meat.

COLD SLAW.—Take $\frac{2}{3}$ cup vinegar, 2 tablespoons sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon mixed mustard, butter size of small egg; mix, stir until it boils, and when cold pour it over chopped or shaved cabbage. Very nice. (The term "cold slaw" is derived from the Dutch *Kohl-slaw*, meaning simply cabbage salad.)

Cream Dressing for Cold Slaw.—Take 2 tablespoons whipped sweet cream, 2 tablespoons sugar, 4 tablespoons vinegar. Beat well, and pour over cabbage previously cut very fine, and seasoned with salt.

CREAM SLAW.—Chop a head of cabbage fine and sprinkle on a little salt; let it stand while you make the cream. Mix well together, and cook slowly until quite smooth and creamy, 1 tablespoon flour, 1 egg, 1 tablespoon butter, 1 tablespoon sugar, $\frac{1}{2}$ teacup vinegar, $\frac{1}{2}$ teacup sweet milk or cream; when done, pour over the cabbage. After you put it in the dish, sprinkle with pepper. Excellent. If kept in a cool place will be nice for 1 or 2 days.

HOT SLAW.—Chop a head of cabbage and put into the kettle, with a tablespoon of lard (or meat fryings) in the bottom, with enough hot water to keep it from boiling dry; add a little salt and pepper. When the cabbage is boiled tender, beat 1 egg in a teacup $\frac{1}{2}$ full of vinegar, and then fill the cup with cream (sour cream will do as well as sweet); pour it over the hot cabbage, let stand 5 minutes, and serve. Will cook in 1 hour.

CELERY SALAD.—Wash and wipe $\frac{1}{2}$ dozen heads of celery. Cut with shears in a salad bowl. Mix the yolk of 1 egg, 1 teaspoon of mustard, a little salt and pepper and the juice of 2 lemons with 2 tablespoons of water. Stir well together, drop over it 3 ounces of salad oil, then add a spoon of hot water, and pour over the celery.

ENDIVE is used also for salads like celery. Endive is a native of China and Japan. It resembles sea-kale in flavor, being rather bitter, and it is used for salads and soups. It is not so tender as lettuce, but it makes an excellent winter salad.

ESCAROLE and MONK'S-BEARD (*Barbe de Capucin*) belong to the same family as the endive. They can be made into salads alone, or mixed with sorrel, lettuce, etc. They make good winter salads, and also excellent salads to serve with game. The method is simply to cut them small, and, using 1 alone, or 2 or 3 different vegetables mixed, to cover them with a good salad dressing.

CHICORY OR SUCORY SALAD.—Take a bunch of chicory cut small, add 1 boiled egg and 1 onion cut fine, and pour over a good salad dressing.

CHICORY or SUCORY belongs to the order *compositæ*, and the leaves are blanched and used for salads, while the root is used to adulterate coffee.



CHICORY.

CREAMY SALAD.—Whip thick cream to a stiff froth; add to it some of the boiled salad dressing given among our dressings; have the salad dressing cold; use 2 or 3 times as much of the whipped cream as of the salad dressing. Have ready cold boiled potatoes cut into small dice, pour over the mixture and stir it together. It is more light and creamy than other salads.

CUCUMBER SALAD.—(1) Peel and slice fresh cucumbers, and let them stand in a bowl of water 2 hours, changing the water twice. When it is time to serve dinner, drain and chop the cucumbers coarsely with a knife, and add 1 or 2 new onions, cut finely. Put in a salad dish, and send to the table without dressing. Serve in small salad-plates and send it around the table with salad oil, vinegar, salt and pepper. (2) Mix sliced cucumbers and new onions, sliced, and cover with a French dressing.

DANDELION SALAD.—Choose that which is small and tender, cut off the root, wash carefully, drain and shake out the water, put it in a salad bowl and cover with a French dressing.

Chives and chervil can be sprinkled on top, if you have them, before applying the dressing, or add a little sliced onion if liked, or lettuce or other vegetable.

CHEREVIL.—This is a plant the roots of which are poisonous, but the leaves are tender and are used in salads. They emit an aromatic flavor and are often called myrrh by the peasantry of Scotland. The leaves are also used to flavor soups.



CHEREVIL.

LETTUCE SALAD.—Lettuce makes the foundation for many excellent salads. Prepare it as previously directed, and serve it crisp and cold. It can be served (1) alone with French or boiled dressing; or (2) mixed with celery cut into dice, and with a French dressing, which makes an excellent salad. It goes well (3) mixed with sorrel, with a French dressing, or (4) with chives, using the same dressing and garnishing with olives, or (5) with pepper-grass and water-cresses mixed, using a mayonnaise dressing, and garnishing with radishes. A few nasturtium blossoms for a garnish produce a brilliant effect. (6) A bed of lettuce covered with sliced cucumbers, and a layer of sliced tomatoes on top, covered with a mayonnaise or French dressing, makes a good salad.

LAMB'S LETTUCE (also called *Corn-salad* or *Fetticus*) is a small annual plant, often used for salads. It comes early in the spring, and although inferior to lettuce, it makes a fairly good substitute for it, and a good spring salad.

OKRA SALAD.—Put it on top of a bed of potato salad; sprinkle on mustard and cress and dress with oil, tarragon vinegar, salt, pepper and a little grated horseradish. Another way is to mix sprigs of cress, endive, young onions and radishes with okra, and cover with any salad dressing liked.

PEPPERS SALAD.—Take boiled peppers, cut them into strips, add a few drops of onion juice and cover with a French dressing. It goes well with hot or cold meats.

POTATO SALAD.—Cut cold boiled potatoes in dice and “*marinate*” in a French dressing; chill thoroughly, then arrange in a tasteful manner, and garnish with parsley, chopped pickled beets, and hard-boiled eggs, sliced. For a quart of cut potatoes, a teaspoon of salt, a saltspoon of pepper, 3 tablespoons of oil, and 3 of vinegar, are required for the dressing, and 4 hard-boiled eggs. This is a tasteful dish of white, yellow, red, and green.

POTATO SALAD, No. 2.—Chop 1 large or 2 small onions very fine; add 12 cold boiled potatoes and chop also; if lettuce is to be had, chop a head or more with the onion—if not, take the tender green leaves of a cabbage. Pour on the boiled dressing given among our dressings, and put curled lettuce around the edges and slices of cold boiled egg on top.

POTATO SALAD WITH EGGS.—Cut cold potatoes finely, and mix with French salad dressing; place on a garnished platter, and cover with slices of hard-boiled eggs. Good for a luncheon or supper dish in hot weather.

RUSSIAN SALAD.—Cut up very small, equal quantities of any cold vegetables, adding lettuce, endive and cress, if you have them; add any cold flaked fish, mix all well in a bowl with mayonnaise sauce, turn out into the dish in which it is to be served, and garnish with olives, filleted anchovies and lemon jelly.

SALAD IN JELLY.—Fill a mold with a lemon or other gelatine jelly; when cold, cut out most of the center, leaving a shell of jelly, fill it with salad, and serve.

SALSIFY SALAD.—Chop cold boiled salsify, and pour over it a French or mayonnaise dressing. Or (2) it can be combined with other cold boiled vegetables, such as cauliflower, carrots, beans or potatoes, and then the salad dressing added.

SPINACH SALAD.—Take cold boiled spinach, mince fine, cover with a French salad dressing, and garnish with sliced hard-boiled eggs. It goes well with roast beef, mutton or game.

SUMMER SALAD.—Thoroughly wash and drain 2 heads of lettuce, the heads of 2 green onions, and a handful of the tops of freshly cut mustard and water cress; add a plain dressing, placing it under the vegetables and stirring well before using. The mustard and cress are so highly flavored that a plain dressing is better than a more elaborate one.

SWEET POTATO SALAD.—Boil 3 large sweet potatoes, and when thoroughly cold cut them into half-inch squares; cut into very small pieces 2 stalks of celery; mix with a seasoning of salt and pepper, and pour over it a French dressing.

TOMATO SALAD.—(1) Cut ripe tomatoes into slices, remove all the seeds, sprinkle on a French dressing, let them stand 2 hours on ice, and they will be ready to serve. (2) Another way is to peel the tomatoes, cut them in two, put a spoonful of mayonnaise dressing on each half, and serve.

GELATINE SALAD.—Take a quart can of tomatoes, stew, strain, add a teaspoon of salt and $\frac{3}{4}$ box of gelatine soaked in $\frac{1}{2}$ cup of cold water, and then dissolved in $\frac{1}{2}$ cup of boiling water; put it in cups and when set and cold turn them on to leaves of lettuce and garnish with mayonnaise dressing.

RED VEGETABLE SALAD.—Use 2 cups each of cold boiled potatoes, cold boiled beets and raw red cabbage. Cut the potatoes in thin slices, and the beets fine, and slice the cabbage as thin as possible. Cover with a dressing made of 6 tablespoons of oil, 8 tablespoons of red vinegar (that in which beets have been pickled) 2 tablespoons of salt and $\frac{1}{2}$ teaspoon pepper. Let stand in a cold place an hour before serving.

VARIOUS VEGETABLE SALADS.—Almost any cold vegetable may be used for salads, and this is an excellent way to utilize the remnants of vegetables left from dinner the day before. Take any one alone, or several vegetables mixed, and arrange them tastefully (with lettuce if you have it, without if not); cover with a French or mayonnaise dressing. Many varieties may thus be made by any housekeeper.

WATER-CRESS SALAD.—Pick over the leaves and remove bruised or wilted ones; if long, tear them into 2-inch lengths; if short, it is not necessary. Cold boiled beets, cut in dice, or chopped onion may be added. Use a French dressing. Water-cress makes one of the most wholesome of salads, and is remarkable for the amount of mineral matter found in it.

The garden cress also makes an excellent salad. Cresses can be used alone, or mixed with cucumbers, tomatoes or onions for salads, and then cover them with a good salad dressing.

WINTER SALAD.—Bake 1 Spanish onion and 1 large or 2 medium sized beets; slice them and cut the slices in two twice; cut 3 stalks of celery quite fine and mix with it 1 tablespoon of minced

herbs; mix all together and set in a cool place till time to serve; then sprinkle with salt and pepper, and pour over 1 tablespoon of butter and 3 tablespoons of vinegar.

MEAT, EGG AND CHEESE SALADS.

BEEF SALAD.—Take the crisp, small center leaves of 2 heads of cabbage lettuce; add $\frac{1}{2}$ lb. cold boiled, fresh beef, cut in small pieces. Add or not, as preferred, a tablespoon of chopped sweet Spanish peppers. Serve with a plain salad dressing.

Lamb Salad can be made the same way, by using instead of the beef, $\frac{3}{4}$ lb. cold roast lamb, cut in small pieces.

HAM SALAD.—Cut cold boiled ham into dice, lean and fat together; mix with celery or lettuce and cover with a boiled dressing.

CHICKEN SALAD.—Take the meat of 2 large boiled chickens, free it from skin and fat and cut in dice; add an equal quantity of celery cut in dice, 3 olives, chopped, 2 teaspoons capers; make a dressing of 6 spoons salad oil, 2 tablespoons vinegar, 2 teaspoons salt, and a dash of red pepper; pour it over the salad and let stand several hours in the ice chest. Then arrange it on a platter in a mound, pour on a mayonnaise dressing, and garnish with lettuce, olives, beets and carrots cut in fancy forms. The chicken should be cooked the day before using so as to be thoroughly cold. (See "Veal Salad.")

Chicken Salad, No. 2.—Take the meat from 1 cold boiled chicken, and 2 teacups celery; do not chop either, but cut each into dice, and mix. Put 2 teacups cream into a sauce-pan and boil; stir in 4 eggs, well beaten, until it becomes like thick corn-starch; put the sauce-pan into cold water and stir in $\frac{1}{2}$ bottle Durkee's salad dressing, stirring to keep it from curdling; add vinegar to taste. When cold, pour over the chicken and celery. Excellent.

TONGUE SALAD.—Chop a nicely cooked tongue fine, then add chopped celery and lettuce and the whites of eggs. Use a mayonnaise dressing.

VEAL SALAD.—Boil the veal until it is tender; let it become quite cold, cut it quite fine, and use as much chopped celery as veal. Mix, after chopping, and just before serving pour over it a rich mayonnaise dressing. (When a large quantity of chicken salad has to be made for a party, half the meat may be of veal, boiled in the chicken broth after that is done, and no one will ever know the difference.)

SWEETBREAD SALAD.—Cut cold, boiled sweetbreads into cubes; chill it in the refrigerator for 1 hour, then add celery, cut

fine, arrange it on lettuce leaves and cover with a mayonnaise dressing.

CHEESE SALAD.—Arrange lettuce in a salad bowl, sprinkle on grated cheese, and cover with a French dressing.

CHEESE AND EGG SALAD.—Put slices of hard boiled eggs in a dish, grate on nice cheese, add another layer of eggs, and so on alternately. Put a few capers and finely chopped pickles on top, pour a mayonnaise dressing over all and sprinkle grated cheese on top. Nice at picnics.

EGG SALAD.—Put into a salad bowl the leaves of a head of lettuce; slice 4 hard-boiled eggs and add; mince 12 capers and sprinkle over the eggs, and cover with either a French or mayonnaise dressing. Or (2) slice cold boiled eggs, pour over a salad dressing, and garnish with lettuce.

FISH AND SHELL-FISH SALADS.

FISH SALAD.—Take any cooked fish which has become cold, remove skin and bones, and flake it or cut in pieces, and spread it on lettuce leaves. Cover with mayonnaise dressing. Finely picked sardines may be added if desired, and also some hard-boiled eggs. Salmon is the favorite fish for salads, but almost any other will do. The fish can be mixed with cabbage or celery instead of lettuce, if more convenient.

CRAB SALAD.—Take the meat of boiled crab, chop it, and mix a mayonnaise sauce with it. Clean the shells, put in the mixture, and garnish with parsley or cresses and sliced lemon.

LOBSTER SALAD.—It is better to use large lobsters, as there is less waste than with small ones. Cut up the meat, and pour on it oil and vinegar in the proportion of 1 tablespoon of oil to 3 of vinegar, with pepper and salt, and let it stand in a cold place for 1 hour at least; this is called "*marinating*" it, and serves to season it. At serving time, drain it from the oil and vinegar not absorbed, put it on a bed of lettuce, and cover with a mayonnaise dressing. Garnish it with the claws of the lobster and with capers, pounded coral and parsley if you have them. It can be made without going through the marinating process, but we think that an improvement.

OYSTER SALAD.—Use the small oysters, and just let them come to boiling in their own liquor; skim and drain in a colander, then on a cloth. For a pint of oysters, add 2 tablespoons of vinegar, 2 of salad oil, with salt and pepper to taste; mix well, and set it in

the ice-chest. Cut finely a pint of nice white celery, and mix with the oysters just before serving; arrange it on a salad dish, garnish with the white leaves of the celery, and pour over it a pint of mayonnaise dressing.

SALMON SALAD.—Put the meat of 1 can of salmon in a colander to drain; then carefully pick out any bones, skin, or unsightly bits. When well drained, put it in a bowl in the ice-chest until time to serve; make a mayonnaise dressing and keep that by itself in the ice-chest. Have ready the hearts of nice head-lettuce leaves in ice-cold water; just before serving put a heavy border of lettuce around the salad dish, cut the salmon finely, and place in the center; then pour the mayonnaise over the fish. Serve a few of the lettuce leaves with the salad to each person. The water from the lettuce must be thoroughly shaken off, or it will dilute the mayonnaise. Another way is to put 3 stalks of sliced celery into a salad bowl, add $\frac{1}{2}$ lb. of canned salmon, arranging neatly. Use mayonnaise dressing, garnish and serve.

SARDINE SALAD.—Drain the oil from a small box of sardines, laying them afterward on brown paper so that no trace may remain of the oil in which they are preserved. Remove the skin and bones, and pour a little lemon juice over them. Lay them on a bed of lettuce, pour a plain French dressing over them, and garnish with 2 hard-boiled eggs which have been chopped fine.

SHRIMP SALAD.—Take 1 can of shrimp, break them into 2 or 3 pieces each, add 2 sticks of celery, cut small, and 1 bunch of lettuce, and cover with a mayonnaise dressing. Marinate the shrimps for 1 or 2 hours, after taking them from the can, if desired.

FRUIT AND NUT SALADS.

NOTE.—Combinations of oranges, pineapples, bananas and other fruits sweetened with sugar, are often erroneously called "fruit salads." Strictly speaking fruit salads are prepared with oil, and acid fruits, or those with a pronounced flavor, are the ones best adapted for salads. The combinations of fruits above referred to belong properly with desserts, for which they are intended, and in our chapter on "Desserts" (which see) we give a great variety of such dishes.

AGUACATE SALAD.—Pare the aguacate, cut it into thin rings add lettuce and sliced onion, if liked, and cover with a mayonnaise dressing.

AGUACATE is a fruit which comes from the West Indies, and is found in fruit stores dealing in foreign fruits.

APPLE SALAD.—Take tart apples and slice them; chop young green onions, mix the two together, cover with a plain salad dressing and serve.

BARBERRY SALAD.—Slice cucumbers, mix them with barberries, cover with a plain salad dressing and serve. Or (2) chop young onions, mix them with barberries and cover with a plain salad dressing.

CRANBERRY SALAD.—Mix cranberries with chopped young green onions, and cover with a good salad dressing.

CURRENT SALAD.—Take nice tender lettuce, mix it with currants and cover with a dressing made of 1 saltspoon of salt, 1 saltspoon of pepper, and 3 tablespoons of salad oil. It is wholesome and refreshing.

GOOSEBERRY SALAD.—Chop young onions, mix them with gooseberries, cover with a plain salad dressing and serve. Or (2) Sliced cucumbers can be mixed with gooseberries, and covered with plain salad dressing.

GRAPE FRUIT SALAD.—Peel the fruit, remove the bitter white membrane, slice it, and pour over it a mayonnaise dressing. It makes a good salad.

FRENCH FRUIT SALAD.—Use 2 oranges, 3 bananas, 24 large, firm, white grapes, 12 walnuts, 1 head lettuce and 1 cup mayonnaise. Peel the oranges, divide into lobes, cut each lobe into 3 pieces and remove the seeds. With a very sharp knife skin the grapes and seed them. Slice the bananas with a silver knife, and shell and halve the walnuts. Arrange the fruit on choice and delicate lettuce leaves, cover with 1 cup of mayonnaise dressing and serve ice cold.

MELON SALAD.—Take ice cold muskmelons (have them on ice for 5 or 6 hours); open them, scrape out the seeds, divide into crescents, cut off the rind and green part, leaving the fully ripe portion only; put these pieces in a bowl with bits of ice among them, pour on a French or mayonnaise dressing and serve.

Watermelons which are lacking in sweetness may be served the same way.

ORANGE SALAD.—Peel the oranges, slice them crossways, take out the seeds, and cover with a dressing made in the proportion of 3 spoons of salad oil to 1 spoon lemon juice, and add salt and a dash of cayenne; flavor, if desired, with a little grated orange rind. Excellent with cold game, roast pork or poultry.

LEMON SALAD.—Make as directed for orange salad, but add a little lettuce, and sprigs of mint or tarragon, if you have it.

LIME SALAD.—Make the same as directed for orange and lemon salad, only use limes instead of the other fruits.

NUT SALAD.—Mix together 1 qt. of shredded lettuce, and 2 cups chopped nuts; dress with a little mayonnaise dressing, arrange in fresh lettuce, and garnish with more mayonnaise.

WALNUT SALAD.—Get the kernels as nearly whole as possible, and let them soak 2 hours in lemon juice; pick them out without draining, and serve on water-cress or lettuce, with French dressing.

VEGETABLES.

AN abundance and variety of vegetables are essential to perfect health. They furnish the mineral matters, alkalies and acids in which meat is deficient, and most of the carbohydrates needed by the system.

The lack of fat in vegetables should be supplied by using butter, or some other form of fat, with them all. A moment's thought will show our readers that in arranging a dietary the object is to supply the lack of any element in one article of food, by using with it some other food containing the missing element. Although the foods in every-day use thus supplement each other, many people do not think of the principle involved. Why does butter go with bread? Because the gluten of the bread furnishes the albumenoid element needed by the body, while the starch supplies the carbohydrates, but bread itself lacks fat, and the butter used supplies that. So meat and potatoes go well together, the lean meat supplying the albumenoids, the potato the carbohydrates, and the fat or butter furnishes the fats, the 3 together thus supplying the body with the 3 great food elements which it needs.

Vegetables when taken as food are valuable not only for the direct nourishment which they afford to the system, but also because they impart to the blood certain constituents which are necessary to maintain its highest purity. This has been amply proved by the appearance of such blood diseases as scurvy, etc., in circumstances where vegetable food was not procurable for any length of time. Few people rightly estimate the value of vegetables to the system. One of the chief benefits derived from eating them comes from the salts which they contain, while they also introduce into the system some water necessary for digestion and assimilation, and afford the benefit of variety in food. It is much to be regretted that by the method of cooking vegetables which commonly prevails in this country the greater part of their salts are dissolved out by the water in which they are cooked, and this water is thrown away, only the vegetable itself being eaten. There seems to be a common impression that the water in which many vegetables are boiled is poisonous, but this is a most erroneous idea.

In this connection we quote from Mr. Mattieu Williams: "I must add a few words in advocacy of further adoption in this country of the French practice of using as *potage* (for soups, etc.) the water in which vegetables generally (excepting potatoes) have been boiled. When we boil cabbages, turnips, carrots, etc., we dissolve out of them a very large proportion of their saline constituents; salts which are absolutely necessary for the maintenance of health; salts without which we become victims of gout, rheumatism, lumbago, neuralgia, gravel, and all the ills that human flesh with a lithic acid diathesis is heir to; i.e., about the most painful series of all its inheritances." To which we may add the recommendation to save vegetable broth, and utilize it for soup, sauce, etc. A rich soup can be made from the water in which potatoes have been boiled (if *without* their skins) by mashing 2 or 3, and adding a little thickening and seasoning and a little butter. The juices of other vegetables like cabbage, turnips, celery and most others, are palatable and work

well into soups. Onions are an exception; they should be used sparingly, as flavoring, for those who like them, but a dish of boiled onions, served with the water they are boiled in, causes distressing flatulence often. They can be parboiled, the water changed once, and then eaten by most people without unpleasant digestive disorders.

All green vegetables are best when they are grown quickly, in which case they have less woody fibre. All green vegetables need to be eaten fresh. When fresh, vegetables will snap crisply. Peas picked in the early morning can be cooked the same day in about $\frac{1}{2}$ the time needed if they are kept 1 or 2 days longer, and their flavor is much better. Ears of green corn that are just filled, will, if plunged into boiling water as soon as gathered, cook in 10 minutes, or perhaps less, and if kept 1 or 2 days twice as much time will be needed, and they will not then be as tender and fine flavored.

Very few vegetables are roasted; they are generally boiled. Those which contain saccharine matter, such as carrots, beet-root, parsnips, etc., are best cooked by steam, as boiling water dissolves out a large quantity of their nutritious ingredients. Vegetables, however, which contain much starch, as a rule, are best boiled, as by boiling, the granules of the starch are ruptured and partially dissolved, and any volatile oils which may be present are expelled, as well as the confined air. We elsewhere explain how much cooking adds to the digestibility of starch.

All vegetables, with a few exceptions, should be put first into *boiling* water which contains salt in the proportion of an even tea-spoon to every 2 qts. of water; the exceptions are old, dry, and partly dried vegetables, such as peas, beans of all kinds, and wilted vegetables; the latter had better be thrown away if they do not become crisp after standing a few hours in cold water.

How to Boil Vegetables.—While in boiling meat, the great point is not to have the water boil, but to have it simmer instead, the great point in boiling vegetables is *not to let the boiling stop*. Even if the boiling water could be raised above 212° the vegetable would be rather improved than injured thereby. Have plenty of water, especially for greens of all kinds. Choose a sufficiently large kettle, and get it $\frac{2}{3}$ full of boiling water in ample time; then the water will come to a boil more quickly when the vegetables are thrown in, for when the cold vegetables are first put in they will check the boiling. The quicker vegetables boil the greener they will be, and remember that freshly gathered vegetables do not require as long boiling as those which have been long kept. Experience will best tell you when the vegetables are sufficiently cooked. The rule should be to cook them until they are soft and tender, *but no longer*, because the starch cells

having then burst, they will begin to absorb water, and the vegetable will become soggy, and loose flavor as well. *If not sufficiently done they are indigestible, and if left too long they become soggy.* As soon as they are done, take them out and serve them.

Remember then, that there is a right and a wrong way to boil vegetables. The essentials of the right way are: (1) to put them into *boiling* water, which is slightly salted; (2) have *plenty of it*; (3) do not let the boiling *stop* until they are done; (4) take them out *as soon as they are done*. The wrong way is the opposite of this—it is to use little water, let it *simmer* without really boiling, and to leave the vegetables in too long. If you will try the 2 methods once, the difference in the results and the superiority of the first method will be apparent. Asparagus, cauliflower and peas should boil, but the water should not bubble, as that tosses them around and breaks them.

Time to boil.—The age of the vegetable and the time it has been gathered affects the time needed to boil it, so that it is impossible to give the exact time needed to boil different vegetables. When old and wilted, more time is needed than when young and fresh. The best rule is to test them by piercing them with a fork, watch them closely, and cook until they are soft and tender, but no longer.

THE PRINCIPLES INVOLVED IN BOILING VEGETABLES.—These are not generally understood. Each minute granule of starch, in its original state, is surrounded by a thin sheath of cellulose, much like the shell on a chestnut; this cellulose sheath is nearly insoluble in the digestive fluids, so that they cannot get at the starch inside. In boiling, the starch swells and bursts this sheath; the starch thus liberated is readily attacked by the digestive fluids, which turn it into sugar, and then it is assimilated by the system. The object therefore, in boiling any form of starch is merely to burst these cells, and that is best done by having the water as hot as possible, and by keeping it boiling actively as long as the article is in it. As soon as the starch cells burst, however, the vegetable should be taken out, as, if it is left in longer, the starch will absorb water and deteriorate. When starch is improperly cooked its digestion is very difficult and much waste is caused the system, which is quite a loss even to one in good health; but for invalids it is particularly important that the starch should be suitably cooked so as to be easily digested. The difference in the digestibility of different forms of uncooked starch is caused by the fact that the cellulose coating in some forms of starch is tougher than in others. When properly cooked, so that its cellulose sheath is burst open, all forms of starch are about equally digestible.

In baking potatoes the heat of the oven causes the starch granules to swell and burst their sheaths, much as a chestnut or a grain of popcorn bursts open when roasted, thus liberating the starch.

Overcoming the Odor of Boiling.—Various plans have been devised to mitigate the unpleasant odor caused by many vegetables while cooking. (1) Wrap a piece of bread about the size of a lemon in a cloth, and drop it in the kettle at the start; it will absorb the odor. (2) A lump of charcoal treated in the same way will absorb the odor. (3) Fold a towel to 3 or 4 thicknesses and lay over the kettle. (4)

A piece of red pepper, $\frac{1}{2}$ inch in diameter, dropped in at the start, is used by some cooks. The essential oils are dissolved out of the vegetable while cooking, and from this oil the odor comes. If the water is changed once or twice while the vegetable is cooking, it will be an advantage, but be sure the fresh water is boiling hot when put in. Changing the water while cooking also gets rid of some unwholesome sulphuric gases given out by cabbage and onion.

Effect of Different Waters.—Many cooks do not understand the different effects produced by hard and soft water; peas and beans especially should be cooked in soft water if possible to obtain it (see "Rain Water Cisterns"), as hard water containing lime and gypsum harden vegetable casein, making them less digestible. With some vegetables, soft water extracts most of their flavor and salts; but the addition of a little salt partially remedies this.

Hints.—Be very careful to wash vegetables thoroughly, and examine them for insects. Spinach should be allowed to float on water in a deep vessel and then lifted out with the hand and placed in deep water in another vessel, in order to free it from sand.

Any vegetables which are peeled should be thrown into cold water until wanted for cooking, to prevent their turning color.

When possible, it is much better to boil the different vegetables by themselves; also, when such vegetables as cabbage, carrots, beets, onions, potatoes, parsnips or turnips are boiled with meat, the flavor of both the meat and the vegetable is injured. Not only this, but it is also better to store vegetables separately. Certainly the strong scented vegetables, like onions, leeks and cabbage, should be kept apart, for delicate vegetables will be spoiled in a short time, if near the strongly scented ones.

Vegetables are much nicer boiled in slightly salted water, and then, when seasoned with butter, they are usually salted sufficiently for most persons; the water being salted reaches a higher temperature before boiling, and secures better cookery of the vegetables.

It is important that all vegetables should go to the table as hot as possible, and 2 or 3 two-qt. tin basins are good to keep them in until ready to put them on the table; or they may, if more convenient, be kept in the kettles they were boiled in. Have the vegetable dishes (that will not bear standing on the back of the range to keep hot) standing ready on a table with hot water in them. For common use, heavy white nappies are good for dishing up vegetables, as they will bear standing on the back of the range, or in the edge of the oven, with the door open. In dishing up vegetables, drain them thoroughly from the water.

Vegetables which contain much sugar, like beets, turnips, squash, pumpkins, etc., especially if they are not of the best quality, are improved by the addition of a little sugar—a fact overlooked by many cooks. Boiling deprives them of part of their sweetness, so add a little.

Vegetables like lettuce and cabbage, which contain potash salts, are best eaten with a mild acid, like vinegar. It is usual to serve some condiment, like vinegar, salt, oil or pepper, with vegetables which are eaten raw, and which may therefore ferment in the stomach.

When, by reason of long keeping, the freshness of salads, greens, roots, etc., has been somewhat lost, it may be restored by putting the *stems* and *roots* in cold fresh water for 1 or 2 hours before dressing them, but the *leaves* should not be immersed, as that injures them.

In winter, or after long keeping, tuberous vegetables like carrots, turnips, potatoes, etc., become wilted, and their flavor impaired; after peeling and slicing, let them stand in cold water for several hours before cooking them, and it will restore their freshness.

To shell beans easily, pour upon the pods a quantity of scalding water, and the beans will slip out very readily.

In boiling suet dumplings, to be served with meat, like a vegetable, put a plate at the bottom of the kettle, as, when first put in, they will sink, and sometimes stick at the bottom of the kettle and burn. When they swell with boiling, they get light and float. Puddings are always boiled in a cloth.

ARTICHOKEs.

JERUSALEM ARTICHOKEs.—Wash the roots thoroughly, scrape off the skin, cut off 1 end flat, and leave the other pointed. Boil until soft, in water containing a little salt, and a few drops of vinegar. Cook until soft, but do not leave longer, or they will become hard again. Take them up carefully, put them in the vegetable dish, and pour over them scalped cream, or serve with a white sauce. They can also be chopped coarsely and served as a salad, with a salad dressing. Time to boil about, 20 minutes.

GLOBE ARTICHOKEs.—Cut off the outside leaves, trim away the lower ones, and boil in salted water containing a few drops of vinegar; boil about 1 hour, drain, take out the choke, and serve with drawn butter poured over them.

FRENCH ARTICHOKEs, FRIED.—Wash and trim the artichoke heads, and cut them into thin slices; place in cold water with a little salt and vinegar added; this should be done 15 or 20 minutes

before frying them. Drain, and wipe them dry; make a batter with 3 eggs, 2 tablespoons of salad oil, and 2 tablespoons of flour, seasoned with salt and pepper; mix the sliced artichoke thoroughly with the batter, then fry in hot fat, being careful that the artichoke is cooked through as well as browned.

CANNED ARTICHOKEs should be placed in ice-cold water for 15 minutes before serving them. The dressing to accompany them is made by mixing 2 large spoons of vinegar with 1 of chopped parsley, a little salt and pepper, and 8 spoons of good salad oil.

ARTICHOKEs.—There are two vegetables called by this name, both belonging to the order *Composite*. The *Jerusalem artichoke*, (*Helianthus tuberosus*) is said to be a native of Brazil, but has long been naturalized in this country. Its name is a corruption of the Italian *girasole* (sunflower). The flowers are like the common sunflower, only smaller, and the roots, something like potatoes in shape and size, are cooked as a vegetable, and sometimes used for pickles. This plant is perennial, and when once planted in a rich soil can be dug early every spring; the small roots left in the ground will keep the crop growing year after year.

The *globe*, or *French artichoke*, so called (*Cynara Scolymus*) is a native of Asia, but is naturalized in this country. The flowerbuds and upper part of the stalks are used for a vegetable at table, and are cultivated from suckers placed in rows 3 feet apart. Artichokes contain 80% of water; 2 of albumenoids; 16% carbohydrates; 0.5% fats; 1% mineral matters.

THE CARDON (*Cynara Sardimculus*) is a native of southern Europe, and much resembles the artichoke. It has purple flowers, and is grown, blanched and eaten like celery.



CARDON.

ASPARAGUS.

A LA FRANCAISE.—Wash and boil the asparagus until tender—about 15 to 25 minutes; drain them, cut off the heads and about 2 inches of the white part of the stalks; mince them with a knife, and mix them with a small onion cut finely; add the yolk of an egg well beaten, with salt and pepper to taste; make it hot in a stew-pan, and dish it up on a platter, with nicely browned, buttered toast.

BUTTERED ASPARAGUS.—Pour boiling water over a bunch of asparagus, then untie the bundle and lay it in a large frying-pan; cover with boiling water, sprinkle on a very little salt, cover, and cook 20 or 30 minutes—do not cook until the heads break off. When done, pour off the water, lift the pieces carefully by the hard end of the stem, lay them in a flat vegetable dish, place bits of butter on the asparagus, set in the oven until the butter is melted, and send to the table.

CREAMED ASPARAGUS.—Wash and cut asparagus in inch pieces until the hard part of the stem is reached, stew 15 minutes in slightly salted water; then drain in a colander. Make a rich cream sauce and pour over. Or use drawn butter.

STEAMED ASPARAGUS.—There is another method of boiling asparagus, rarely practiced by American cooks. It is to take the stouter varieties, cut them of exactly equal lengths, and stand them on end in a deep saucepan, with the heads projecting about 2 inches out of the water; then cook 30 to 40 minutes. By this plan at least $\frac{1}{3}$ more of the stalk will be rendered delicious, while the head will be properly cooked by the steam. Then season, and serve. This is especially adapted to the "giant" and stouter varieties.

Asparagus is a native of Europe, and is sometimes vulgarly called *sparrow-grass*. It is wholesome, but not very nutritious, and has been used in medicine, being a diuretic, and aperient. The cellular tissue contains a substance similar to sago. Its juice composed of a peculiar crystallizable principle called asparagin albumen, mannite, malic acid and some salts.

To avoid getting the woody white part, which is not made tender by boiling, asparagus when gathered can be snapped off, instead of cutting it.

BEANS.

SHELLED.—Shell, wash and boil until tender, adding salt after they have boiled about 10 minutes. If possible, always cook them in *soft* water. They should boil at least an hour. Season with salt and butter. Add hot cream to Lima or any white beans.

FRENCH BEANS.—Soak them over night, then parboil them until the skins loosen, change the water, and when they are cool, rub off the skins; put them back in the pot with fresh water to just cover them, and boil until they begin to break in pieces; then drain, sprinkle a little salt and pepper over them, and bits of butter. Set the dish in the oven to get hot; then send to the table. *Time* to boil if very young 10 to 12 minutes; if older 15 to 20 minutes.

STRING BEANS.—The bean pods should be tender enough to snap off short when bent. Pull off the string on each side, and break in pieces $\frac{3}{4}$ inch long. Boil in slightly salted water. A few thin slices of salt pork can be put in or not, as desired. It takes a full hour to cook them well, and may take 3 with some varieties. Drain, and season with butter and pepper or butter and cream, and a little more salt if needed. It is a good plan to change the water once while they are boiling, as that gets rid of part of an unwholesome gas which they yield in boiling.

DELICIOUS BAKED BEANS.—Take about 3 pints of the small white beans, wash, and then soak them over night. Do not boil, but put at once in the baking dish and add a piece of salt pork that has been scalped, or if beef is preferred, use a piece of the brisket. Add salt, and a little pepper, and 2 or 3 tablespoons of molasses. Place in the oven, with plenty of water to cover, early in the morning, and let

cook all day. Do not allow them to cook dry. A teaspoon of mustard is sometimes added with the molasses; it adds to both the flavor and wholesomeness of the beans when done.

NEW ENGLAND BAKED BEANS.—Pick over and wash, 1 pint of beans, put them into 2 quarts of cold water and let them stand over night. The following morning drain off all the water, and put them into an earthen bean pot—which comes for this purpose—with 2 tablespoons of molasses, a teaspoon of salt, a little pepper, half a pound salt pork—quite fat—and fill the pot up with boiling water and bake from 8 to 10 hours in a good steady oven; keep the pot well filled with water, till 2 hours before serving, and then allow it to simmer away one-half at least. You will find them delicious if directions are strictly followed.

Beans are supposed to be a native of the East, particularly of Egypt, but have been known in Europe from time immemorial, having, in all probability, been introduced by the Romans. The common dwarf kidney bean, erroneously called the French bean, is a tender annual, a native of India, and was introduced into Europe in 1597, or perhaps earlier. All varieties of the bean are wholesome and nutritious, but are not suitable to persons with delicate stomachs or of sedentary habits. They are best eaten with fatty or starchy foods, like bacon or rice. If bean flour was to be had as wheat flour is, a much larger proportion of the nutritive parts of beans could be assimilated, experiment having shown that 91% of bean flour was digested, and only 40% of the nutritive parts were assimilated as ordinarily prepared. If beans are well cooked and passed through a sieve, it will divest them of their indigestible skins, or cellulose.

THE PULSES, which include lentils, beans and peas, are among the most nourishing of foods. Owing to the large amount of nitrogenous matter which they contain, they should be accompanied, when eaten, with articles in which fat and starch abound. The nutritive value of these articles is somewhat deteriorated by the fact that they are rather difficult of digestion. They sometimes occasion flatulence, and have a stimulating, heating effect on the system. They should never be eaten without being thoroughly cooked.

BEETS.

BOILED.—These should be washed clean, and the tops and tips cut closely, but do not peel them nor prick the skin, as the juice will then escape and injure both the color and flavor. Cook until tender in boiling water. Young beets will cook in about an hour; fully grown ones take 2 to 4 hours; the very largest are not suitable for the table, as they are apt to be tough and tasteless. When done, put them in cold water and rub off the rind; then slice, put in a vegetable dish, and cover with vinegar; or serve with a butter or white sauce. For a “boiled dinner” cook them by themselves; they are peeled after cooking, cut in slices, and served without dressing. They are also cut in fancy pieces and used to garnish various dishes. They are also used for salads mixed with other vegetables.



FRENCH BEANS.

CREAMED BEETS.—First boil in unsalted water until tender; rub off the skins with a wet towel, and serve at once in hot cream sauce, which can be made while they are boiling. (See "Cream Sauce.")

BEET GREENS.—Beet greens are boiled whole, the beets with the tops, while they are young. Put into slightly salted boiling water, and boil for an hour. When the little beets are done, the tops are done also. Sometimes thin slices of salt pork are cooked with them. When done, take up into a colander and drain well, cut through several times with a knife, so that they can be served with a spoon, and send to the table in a vegetable dish. They are usually eaten with vinegar. If no pork is boiled with them, they can be seasoned with a little butter, and a very little vinegar, about a tablespoon to a medium-sized vegetable dish. They can be served hot or cold.

The beet root is a native of the shores of the Mediterranean. It is wholesome and nutritious, and is chiefly characterized by the large amount of starch, sugar, and alkaline salts which it contains.

BRUSSELS SPROUTS.

BOILED.—Pick off all dead or discolored leaves, and soak in cold salted water 1 hour before cooking; then put them in *boiling* water containing a little salt and soda, the latter to preserve their green color; leave the kettle uncovered, and boil briskly until tender. Drain and send to the table at once, as they cool quickly. Serve with melted butter or maitre d'hotel sauce. *Time to boil, 10 to 15 minutes.*

SAUTÉD.—Take 1 qt. of sprouts, remove loose, hanging leaves and soak $\frac{1}{2}$ hour in cold water; then wash and boil $\frac{1}{2}$ hour in 2 qts. of water, adding 1 teaspoon of salt, after the first 10 minutes; then drain off all the water, and add 3 tablespoons of butter, 1 teaspoon of sugar, 1 teaspoon of flour, $\frac{1}{4}$ teaspoon of pepper, and 1 teaspoon of salt; shake the pan over the fire 3 or 4 minutes, or until the sprouts are slightly colored. Serve at once in a warm dish.

Brussels Sprouts is a variety of the cabbage, and is so named because the seed was obtained from Belgium in former times. It grows from 3 to 5 feet in height, the stalk terminating in a large, cabbage-like head, and the stem being covered with the sprouts.



BRUSSELS SPROUTS.

CABBAGE.

BAKED.—Boil a firm white cabbage for 15 minutes, changing the water once; drain and set aside until cold; then chop finely, and

Add 2 beaten eggs, butter the size of an egg, pepper and salt to taste; stir all together and bake in a buttered pudding-dish until brown. This is economical, good and nourishing. It is sometimes covered with bread crumbs, moistened with white sauce, and then baked. Time to bake, about $\frac{1}{2}$ hour.

BOILED CABBAGE.—Cut it in quarters, soak 30 minutes in salted water; then boil rapidly, uncovered, *until tender, but no longer*, in slightly salted water; push it down with a spoon as it rises above the water; it should boil in about 25 to 30 minutes. When done, take it up, drain, put it in a vegetable dish, and put bits of butter over it with a little salt. Remember that the secret of boiling cabbage is to boil it rapidly, uncovered, and in plenty of water, and boil *until tender, but no longer*. If boiled longer it becomes wilted, yellow, and loses flavor. Try cabbage thus cooked and see how much better it is than when cooked in the old way. If the water it is boiled in is not very soft, add to each 4 quarts of water 1 saltspoon of baking soda, but *no more*.

FRIED CABBAGE.—Chop cold white cabbage quite fine; stir in some melted butter to taste, pepper and salt, and four tablespoons of milk or cream; after it is heated through add 1 or 2 well-beaten eggs, according to quantity of cabbage; then turn the mixture into a well-buttered spider, and fry about 5 minutes, or until a light brown on the under side. Place a hot dish over the pan, which must be reversed when turned out to serve.

CABBAGE AND MILK.—Cut the cabbage into very fine slices, take out the coarser veins carefully; put it in a tin sauce-pan, over a slow fire, add milk enough to cover entirely, and simmer very slowly 2 hours. Grate some nutmeg over it before serving, and add a good sized lump of butter. Thus cooked its coarseness disappears, and it almost equals cauliflower. Very few people know how good it is thus prepared.

COLCANNON.—Take equal parts of cold cabbage and cold potatoes; cut all together well with a knife; fry salt pork, and when the pork is crisp, put the cabbage and potato into the fat; season with pepper, and a little more salt, if needed; cover closely with a plate and let it steam in the pan for $\frac{1}{2}$ hour. Do not stir it until you take it up, then stir all together, and serve hot, with the pieces of crisp pork around the edge of the platter. A little onion may be added to this, if liked.

A Hint.—The young white leaves of a white-hearted cabbage chopped fine, are a fairly good substitute for lettuce when the latter is scarce.

The botanical order, *Cruciferae*, is a most important one, in furnishing various nitrogenous, and therefore highly nutritious dishes for our use; cabbage, kale, cauliflower, brocoli, Brussels sprouts, turnips, all belong to this order. For salads and relishes we have cresses, pepper-grass, scurvy-grass, wild pepper-root, radishes, horseradish and cardamine. Cabbage contains 90% of water, and is more wholesome than nourishing. Its tendency is to purify the blood, and it is particularly serviceable in cases of skin disease, but should be avoided by all who are subject to flatulence and diarrhea. It is long in digesting, and is best fitted to robust and active persons. Cabbage eaten raw as a salad is more wholesome than when cooked. Cabbage and cauliflower contain more gluten than other vegetables, and for that reason they should be eaten with fatty foods. A mild acid, like vinegar, aids their digestion.

CAULIFLOWER AND BROCOLI.

BOILED.—Cut cauliflower where it begins to branch, place it, head down, in cold salted water for an hour; this will take out hidden insects if there are any; rinse it up and down several times. Put in a kettle with enough slightly salted boiling water to cover, and boil till tender—time 15 to 25 minutes according to size. Do not let the water bubble and boil so violently as to make the cauliflower jump about, as that will break it. It is sometimes tied in a muslin bag; if not, skim the water. When done, put it in a colander to drain well, and at the same time keep it hot. Then cut it coarsely with a knife, put it in a vegetable dish, put a few lumps of butter over it, and send to the table. Or instead of the butter pour over either a bechamel, Hollandaise or cream sauce. It is used also for garnishing chicken or sweetbreads, or for salads.

ESCALLOPED CAULIFLOWER.—Boil as directed above. Then put in a baking-dish, pour over a thick drawn butter sauce, sprinkle with bread crumbs, put in the oven and bake until brown—about 10 to 15 minutes. Sprinkle on grated cheese, also, before baking, if desired.

BROCOLI.—This, both white and purple, is only a variety of the cauliflower, and is cooked in the same ways.

CAULIFLOWER is only a form of the wild cabbage in its cultivated state. Cauliflower has been known since the times of the Greeks and Romans. It is a wholesome, but not particularly nourishing, article of food; it is difficult of digestion, and ought to be avoided by those who have delicate stomachs, but, on the whole, it is less indigestible and richer in flesh-formers than cabbage.



CAULIFLOWER.



BROCOLLI.

CARROTS.

BOILED.—Wash, scrape, not pare, cut into strips, barely cover with boiling water, and as soon as they begin to boil put in a little butter; as soon as tender add some minced parsley and serve. They need to boil longer than most vegetables. *Time*, 1 hour or more according to age. They are often boiled with corned beef.

Another way is to cut lengthwise, boil until soft and slice thin. Put in saucepan with 2 tablespoons of butter and 1 cup of milk. Season with salt, pepper and a little sugar; stew 15 minutes and serve.

CARROTS WITH CREAM.—Cut the carrots in thin slices; boil in water until almost tender; then pour the water off and add butter; fry them a little; then add a few spoons of cream; season with salt and pepper and serve very hot.



CARROTS.

Carrots grow in all parts of the globe. They are one of the most important vegetables used in domestic cookery, and their flavor renders them valuable in soups, stews and sauces, but they are not particularly nourishing as it requires 2 lbs. of carrots to produce 1 oz. of the nitrogenous substance of muscle and flesh. They contain pectine (a gelatinous substance) instead of starch, and hence soups containing them become gelatinous when cold. For 1 part of flesh-formers they contain 10 of heat-givers.

CELERY.

Many people throw away the outside green stalks of celery, not knowing that it makes a very savory dish when stewed. Take all the fine white stalks, wash well and serve; the remainder break into short pieces, pulling off all the stringy outside. Put the pieces in a stew-pan, cover well with boiling water, and boil $\frac{1}{2}$ hour. Make a cream or drawn butter sauce, pour it over the celery, and serve.

BAKED CELERY.—Take a qt. of veal stock, and, having parboiled a proper amount of the stalks, put them into a baking-dish. Rub together 2 spoonfuls of butter and 2 of flour, smoothly, then beat in the yolks of 3 eggs, and stir these into the veal broth, and pour it over the celery. Lastly, cover the top with finely grated bread crumbs, and then with grated cheese. Bake 10 minutes in a quick oven. This is one of the most delicious forms in which celery can be put upon the table.

FRIED CELERY.—After cutting it into inch lengths, and boiling till tender in slightly salted water, dip the pieces in fritter batter and fry in smoking hot fat. Garnish with parsley, and serve with

tomato sauce. Or sprinkle the pieces with salt and nutmeg; then egg and bread-crumb them and fry the same way; drain on a sieve and serve on a napkin.

Celery grows wild nearly all over Europe, growing chiefly in ditches and marshes near the sea, and when wild is called *Smallage*. Smallage was first cultivated by Italian gardeners and the result of their labors was the production of two plants, *Celery* and *Celeriac*. The latter variety (often, also, called *German* or *knob* celery) is turnip-shaped, and large, and is extensively used by the Germans, who prefer it to the variety we commonly use. In its raw state, it is not suited to persons of weak stomachs, but is more easily digested when cooked. Celery has medicinal properties, and is used as a corrector of bilious conditions, and as a tonic for the nervous system. It contains about 93 per cent. of water, 1 of albumen, 2 of sugar, 1 of mineral matter, and 2 of starch, etc.



CELERY.

CORN.

BOILED.—Green corn when in proper condition for boiling should be well filled out, but still in the milk, so that it will exude freely when pressed with the nail. It should be put when freshly gathered into slightly salted boiling water, and as soon as its milk thickens, and the raw taste is gone, it should be taken up, as longer cooking hardens it and injures its flavor. Corn for fritters, puddings, etc., may be a trifle older, but never out of the milk.

To cut corn from the cob the best way is to stand it on the small end, and with a sharp knife cut off about half the kernel; then with the back of the knife press and scrape out the remainder with a downward stroke. If scraped with the sharp edge it will carry many of the hulls with it, and they are not wanted. This is the best method of cutting off corn for canning or any purpose.

DRIED CORN.—Select corn that is right for boiling, and boil 5 minutes in slightly salted water; then cut and scrape from the cob as above, and dry in the oven in shallow pans or on plates. Pack in paper bags, and hang in a dry place or it will mold. It sours easily, and the drying process should not be long. To use it, soak over night, and then cook like green corn. Season with butter, cream, pepper and salt to taste, and serve.

BAKED CORN.—Take 48 full ears of sweet corn, cut and scrape from the ears as above, and then pound in a mortar; add (according to the juiciness of the corn) 3 or 4 cups of milk, 4 well beaten eggs, $\frac{1}{2}$ teacup butter, the same of flour rubbed fine in a little milk, 1 tablespoon of sugar, and salt to taste. Pour into a well greased earthen dish, bake 2 hours till browned on top, and place on the table hot. Eat with plenty of fresh butter.

CORN CHOWDER.—Take 1 can of corn, or the same amount of green corn cut from the cob, 2 oz. pork fried brown and chopped, 6 potatoes sliced thin, $1\frac{1}{2}$ quarts water; cook until the potatoes are done—about 25 minutes; then add 2 cups milk, and butter and salt to taste.

ESCALLOPED CORN.—Cut corn from the cob, spread a layer in a basin, season, put on a layer of sliced tomatoes, season, and so on with alternate layers, seasoning each layer; then fill the dish with rich milk in which a little soda is dissolved, and bake 1 hour.

FRIED CORN.—Select roasting ears, cut the corn from the cob, add salt and pepper, put it in a large pie-tin containing hot butter, set where it will cook slowly, and fry, stirring it often. If it should stick to the pan add a very little water, but not otherwise.

CORN OYSTERS.—Cut the corn from 6 ears, add to it 1 well beaten egg, 1 tablespoon of sweet milk, a little salt, and then flour enough to make a pretty stiff batter; drop a spoonful at a time into smoking hot fat, and fry a delicate brown.

GREEN CORN PUDDING.—Take the pulp from 2 doz. ears of corn, $1\frac{1}{2}$ quarts of new milk, 2 crackers rolled fine, 3 eggs, 2 teacups sugar, and a little salt. Mix the crackers with the milk, then put in the corn and other ingredients; bake slowly $2\frac{1}{2}$ hours. Serve warm with butter and pepper.

CORN SOUFFLE.—Take 2 cups of canned corn, 2 cups of milk, 2 eggs, salt to taste. Beat the eggs until very light; add the other ingredients; put the mixture in a buttered pudding-dish, and bake about 40 minutes.

STEWED CORN.—Cut young corn from the ear, put it in a basin, cover it with milk, and cook $\frac{1}{4}$ hour, stirring it frequently; then season to taste, with butter, pepper and salt, add some rich cream in which a little corn-starch is stirred, and serve.

SUCCOTASH.—Boil or steam the corn and cut it from the cob; allow 2 cups corn for 1 cup beans. Any good, fresh shelled beans may be used; they should be boiled by themselves, in slightly salted water, until they begin to break; then drain them in the colander, mix them with the corn, and season to taste, with cream, butter, pepper and salt.

Indian corn is a native of America, where it was cultivated by the aborigines before the discovery of America by Columbus. There are many varieties of the plant, and the grains vary in color, but the yellow is the most common. Although it is deficient in gluten it is richer than other grains in oily and fatty matter; but

the constituent elements of the different varieties vary a good deal. It is highly nutritious, and rivals rice and sugar cane in its importance to the human family. It is a very important article of consumption alike for man and beast. Owing to its lack of gluten it is not sufficiently sticky to hold together well, and so does not make good bread. Corn-meal is not suitable for an exclusive diet, but it makes a very valuable addition to our food resources, and is more fattening than wheat flour.

CUCUMBERS.

These are usually served raw, cut in slices, and served with pepper, salt and vinegar, and onions are sometimes added. Three or 4 hours before serving they should be peeled, sliced and placed in a large bowl of water to stand 1 or 2 hours; then the water should be poured off, and fresh, cold water added, and just before sending to the table, the water should be changed again. Serve in salad dishes, and send around with them, salt, black pepper, vinegar and oil, to be added by each person as preferred. Thus served, they are not so likely to prove indigestible as when served, as they sometimes are, by slicing wilted cucumbers a few minutes before a meal, sending to the table in the first water they are placed in, and strong vinegar and salt added to that, which causes them to wilt still more; served in the latter way, it is no wonder that people say, "I cannot eat cucumbers—they always distress me."

BOILED.—After paring the cucumbers, and slicing about $\frac{1}{2}$ inch thick, boil them about 12 minutes in slightly salted water, containing a little vinegar. Serve with drawn butter or Hollandaise sauce.

FRIED CUCUMBERS.—Peel and slice them, and soak in cold water an hour; this takes out the gummy qualities of the plant; then drain and dry the slices on a cloth; dip the pieces in egg, then in flour, and fry a delicate brown in smoking hot fat.

STEWED CUCUMBERS.—Peel and slice fresh young cucumbers, and soak them an hour in cold water; then put them in a stew-pan with just sufficient water to cover them, and let them boil until soft—about $\frac{1}{2}$ hour; then take off the cover, to let them dry down a little, dredge in a little flour, to thicken the water they were stewed in, add a piece of butter, with seasoning of salt and pepper. Sweet cream can be used instead of butter, if one has it, and it is much better.

The cucumber is a native of Asia, and it has been cultivated from very early times. It is not very nutritious, and, generally speaking, it is not suited to weak stomachs, as it is indigestible and disagrees with many when eaten raw, but when stewed, it is light and wholesome. It contains about 96 per cent. of water, some grape sugar, and a little volatile flavoring matter.

EGG PLANT.

BAKED.—Pare, slice and boil till tender, in slightly salted water; then drain, mash, and add bread crumbs soaked in milk, and season with salt, pepper, a little butter and minced parsley; beat together, put into a buttered baking-dish, sprinkle bread crumbs on top, and bake a nice brown. *Time*, altogether, about $1\frac{1}{4}$ hours.

FRIED.—Cut in slices without paring, sprinkle on salt, pile them up, and weight them with a flat-iron or other weight; let stand about an hour and it will squeeze out much of their bitter flavor; rinse them off in cold water, drain, dip in cracker or bread crumbs, then in beaten egg, then in crumbs again, and fry brown in a frying-pan. They are sometimes dipped in batter and then fried.

Egg Plant belongs to the order *Solanaceæ*, which includes also tobacco and potatoes. All varieties of this order contain a bitter, more or less poisonous juice. The egg plant is indigenous to the East Indies. There are several varieties; one of which is the Dead Sea apple.

ENDIVE.

STEWED ENDIVE.—Wash and free 6 heads of endive thoroughly from insects, remove the green part of the leaves, and put it into boiling water slightly salted. Let it remain for 10 minutes; then take it out, drain until there is no water remaining, and chop it very fine. Put it into a stew-pan with 1 pint of broth; add a little salt and a lump of sugar, and boil until the endive is perfectly tender. When done, it may be ascertained by squeezing a piece between the thumb and finger, add a thickening of butter and flour, and 1 tablespoon of lemon juice; let the sauce boil up, and serve. *Time* to boil, 10 to 15 minutes.

Endive is said to be a native of China and Japan. It has long been cultivated as a garden vegetable, and used for salads and soups. It is slightly narcotic, and has a bitter taste, on account of which some people dislike it very much while those who like it call it a fine bitter.



ENDIVE

GREENS.

Dandelions are most commonly used for greens, either alone or mixed with other herbs, as plantain, young milk-weeds, scurvy-grass, beet-tops, horseradish tops, and the young shoots of poke or goget; the roots of the latter plant are a violent cathartic, and should never be used. Wash and examine all herbs used for greens, and then boil them till tender in slightly salted water. A little baking soda added to the water in which the greens are cooked will preserve

their color, and it also softens the cellulose. Salt pork is commonly boiled with them, but they are rather more wholesome boiled without it. When done, drain them in a colander, and while draining cut them through and through in every way, to facilitate serving them; then put them on a platter, season with butter and salt, and send vinegar around with them. If salt pork is boiled with them, slice it, and use it to garnish the greens instead of the butter. Greens are usually eaten in the spring, and are chiefly valuable for their alkaline salts and water.

KOHLRABI.

Peel, cut it in two, and then slice thin; put into salted water, parboil, and then drain; then stew it in some weak broth; when nearly done, shred some of the green leaves growing at the top, and add them; they will tinge it a light green. When tender, drain out the kohlrabi. Make a bechamel sauce with the liquid in which it is cooked, pour it over the vegetable, let it get hot, and serve. *Time*, 15 to 25 minutes.

Kohlrabi is a cultivated variety of the cabbage, distinguished by the swelling in a globular form of that part of the stem which is just above the ground. This protuberance is the part used, its uses being similar to the turnip. It is only fit to use when young, being then wholesome, nutritious and palatable; later it contains much indigestible fibrous matter. It is very valuable, also, as food for cattle.

LETTUCE.

If lettuce has become wilted in the market, let it stand with the stems in a bowl of cold water for several hours before using, to become crisp again. Just before serving, wash carefully, then shake off the water, tear it in small pieces, as it is more convenient to serve in that way. It should never be cut with a knife. Pile it in a glass dish, and serve on salad dishes, or small plates. Vinegar and sugar is sometimes used for a dressing, or oil and vinegar, salt alone, French salad dressing, or mayonnaise if preferred. It is delicious served with lemon juice, using sugar also if liked.

FRIED LETTUCE.—Chop lettuce and the tops of 2 onions fine, add 2 well-beaten eggs, put a little salad oil or butter into a frying-pan, and pour in the mixture well beaten; cover, stir up when well heated, and serve with vinegar or lemon juice, or without either, according to taste.

STEAMED LETTUCE.—Melt 2 tablespoons of butter in a sauce-pan, add vinegar and 1 well beaten egg; stir well together, and add the leaves from 2 large heads of lettuce, cover, and let it steam until the lettuce is well wilted; serve hot.

Lettuce is supposed to be a native of the East Indies, but it has been cultivated in Europe from very early times. It is wholesome and has a particularly pleasant taste. It is said to have a sedative action on the nervous system, which allays pain and induces sleep. Those who have no tendency to apoplexy, and who are troubled with wakefulness may be recommended to eat lettuce at supper. It contains little nutriment, being 96% water. It contains about 1% of mineral matters (especially nitre), which are useful.

MACARONI, SPAGHETTI AND VERMICELLI.

BOILING MACARONI.—Do not wash macaroni, as that extracts part of its nutrients. After breaking it into suitable lengths put it into plenty of boiling water, slightly salted, and boil actively until it is done; most cook books say to boil it 15 to 20 minutes, but you will find it better if you boil it $\frac{1}{2}$ to $\frac{3}{4}$ hour, but do not boil it *too* long or it will lose its nutritive qualities; then drain in a colander, pour on *cold* water, which will prevent its sticking, then spread the strips beside each other and cut them all at once into pieces about an inch long, which is better than leaving them in unwieldy lengths.

BAKED MACARONI.—Boil and prepare as above directed; then butter a baking-dish, put in the macaroni, cover with bread crumbs, pour a little melted butter on top, bake in a moderate oven 5 minutes, and serve.

FRIED MACARONI.—Boil the macaroni as above, and grate cheese. Take the cold macaroni, make it into little balls with the cheese, egg and bread-crumb them, and fry in smoking hot fat to a rich brown.

MACARONI WITH CHEESE.—Boil $\frac{1}{4}$ lb. and prepare as above directed; then make a sauce with $1\frac{1}{2}$ cups hot milk, and 1 tablespoon each of butter and flour, and salt to taste. Then in the bottom of the baking-dish put a layer of grated cheese, put on a layer of macaroni, and cover with the sauce; then other layers of cheese, macaroni and sauce; put fine bread crumbs on top, dot with bits of butter and a little grated cheese, and bake until the top is browned. *Time*, about 20 minutes.

MACARONI WITH MILK SAUCE.—Boil and prepare the macaroni as above; make a sauce with 1 cup milk thickened with a dessertspoon of butter and flour rubbed together, and a little salt; after it has boiled a few moments drop in the macaroni, and in 5 minutes, dish up and serve.

SPAGHETTI.—Boil this the same as macaroni, only it does not need to cook quite as long, and drain and pour on cold water the same. Cut it or not as you prefer. It can be treated otherwise much the same as macaroni.

Vermicelli is treated the same as spaghetti.

MACARONI is a particular form of wheaten flour. It is made by selecting the finest flour, making it into a paste with water, then pressing it through holes or molds in a metal plate, or stamping it to the desired form, then drying or baking it. When properly dressed it is pleasant and wholesome, but not so easy of digestion as some other wheaten preparations. It is nutritious, however, and if well cooked deserves an extensive use. Butter and cheese go well with it, as the butter supplies the fat it lacks, and cheese adds the albumenoid element in its casein.

VERMICELLI and SPAGHETTI are prepared in the same way as macaroni, only they are pressed through smaller holes, making them a little smaller round.

MUSHROOMS.

Never be content with wiping, but always wash mushrooms, thoroughly, and dry with a cloth. They should be cooked soon after being gathered, for as soon as decay begins they are unfit for food. To this cause alone many of the cases of illness caused by them can be attributed. The trimmings are useful for flavoring gravies, soups, ragouts, etc.

MUSHROOMS, FRIED.—Peel, cut off the stalks, and place them in the frying-pan with a little butter; fry gently until they are quite tender; season with pepper and pour the contents of the frying-pan over them. If desired put them on buttered toast before pouring on the gravy.

ESCALLOPED MUSHROOMS.—Take 3 cups chopped mushrooms and 2 cups cracker crumbs, rolled fine. Put a layer of cracker crumbs into a pudding-dish, then a layer of mushrooms; sprinkle with salt and add bits of butter. Add alternate layers of crackers and mushrooms thus, finishing with crackers. Then pour on 1 cup cream, and bake in a moderate oven about 1 hour.

MUSHROOM PIE.—Cut fresh agarics in small pieces; add pepper, salt, and place them on small shreds of bacon in the bottom of a pie dish; cover with mashed potatoes, and so add alternate layers, having potato on top. Bake well $\frac{1}{2}$ hour, and brown before a quick fire.

MUSHROOMS EN RAGOÛT.—Put into a sauce-pan a little "stock," vinegar, parsley, salt, spices, and green onions chopped up; when about to boil put in the cleaned mushrooms; when done till tender, remove from the fire and thicken with yolks of eggs.

MUSHROOMS ON TOAST.—Put 2 cups mushrooms into a stew-pan with 2 oz. butter rolled in flour; add 1 teaspoon salt, $\frac{1}{2}$ teaspoon each of white pepper and grated lemon peel and a blade of powdered mace; stew until the butter is absorbed and the mushrooms tender. Serve at once on toast. Garnish with lemon.

CANNED MUSHROOMS.—Take 1 can mushrooms, add 2 teaspoons melted butter with flour and salt; heat in a double boiler thoroughly. Stir in 1 beaten egg and 3 tablespoons of cream just before serving.

OUR COLORED ILLUSTRATIONS.

Fig. 1.—The Morel (*Morchella esculenta*). This mushroom is found in April and May in grassy places on the borders of fields and the raised banks of streams, sometimes in fir or chestnut forests and in hilly countries.

Cooking them. (1) Remove the butt of the stem and wash and dry carefully. Cut large ones in small pieces, and split small ones. Pour on boiling water, set on stove 5 minutes and then drain. Then gently stew 1 hour in a little water; then add a little soup stock, pepper, salt and butter, and onion if liked, and cook a few minutes. Serve on buttered toast. Garnish with slices of lemon. (2) Fill them with a forcemeat of seasoned bread and wrap them in thin slices of salt pork or bacon; bake in the oven 30 to 40 minutes, or slowly stew 1 hour in good broth. (3) Escallop them as directed above for mushrooms.

Fig. 2.—Meadow Mushroom (*Agaricus campestris*). This variety grows in open grassy places in fields and rich pastures, but never in thick woods. They are fall mushrooms. **Cooking.** (1) To fry, scald a few seconds, dry with a cloth, dredge with flour seasoned with salt and pepper, and fry 5 or 6 minutes in smoking hot fat. Serve hot. (2) They can be boiled and then they make desirable additions to soups, gravies, ragouts, etc. (3) Stewed with butter, spice, parsley, salt, pepper, lemon juice and sweet herbs it goes well with steak or mutton chops. (4) Escallop as directed above for mushrooms. (5) It makes a fine catsup.

Fig. 3.—Chanterelle (*Cantharellus cibarius*). This variety is generally found in light woods and high situations, and it grows in great abundance. For cooking, choose crisp, heavy ones rather than light soft ones, as they are less likely to become leathery. They are sometimes soaked in milk over night to make them tender. To stew, cut them across and remove the stems; put them into a closely covered saucepan, with a little butter, and stew till tender at the lowest possible temperature; great heat destroys the flavor. As they are rather dry and tough, long, slow stewing is needed, with plenty of liquid.

Fig. 4.—Hedgehog or Spine Mushroom (*Hydnnum repandum*). This is the most desirable species of the genus *Hydnnum*. It may be stewed in brown or white sauce, cooking slowly and for a long time; as it is naturally deficient in moisture keep well supplied with liquid. This species is easily preserved and may be kept a long time.

Fig. 5.—Horse Mushroom (*Agaricus arvensis*). This variety is found in the fields and pastures in autumn. Its flesh is firm and delicious and yields an abundant gravy.

Fig. 6.—The Oyster Mushroom (*Agaricus ostreatus*). This variety is found on dead tree trunks in the fall. It can be cooked in any of the usual ways given above for mushrooms, but is better cooked over a slow fire.

Fig. 7.—Orange Milk Mushroom (*Lactarius deliciosus*). This variety is found in swampy woods and in forests of fir and pine. Its flavor when cooked is thought to resemble kidney stew. It requires delicate cooking, as, if kept over the fire until its juice evaporates it becomes tough. It is probably best baked.

Fig. 8.—Edible Pore Mushroom (*Boletus edulis Bull*). This variety is found chiefly in the woods, especially of pine, oak and chestnut. It is most abundant in autumn, but is found in spring and summer. Its flesh is tender and juicy and it requires less cooking than some of the tougher varieties. It can be (1) broiled; or (2) stewed in white sauce with or without chicken in fricassee; or (3) escalloped as directed above for mushrooms.

Fig. 9.—The Plum Mushroom (*Agaricus prunulus*). This variety grows in and near damp woods. The flesh is firm, juicy and full of flavor. It may be (1) broiled; or (2) stewed, and is then delicious.

Mushrooms belong to the genus *Agaricus*, and over 1000 different species are known. The season for mushrooms extends from spring well into autumn. They are highly nitrogenous and some varieties contain much fat or oil; when dried about $\frac{1}{2}$ their weight is nitrogenous. They are admirably adapted for human consumption, no other class of vegetables containing in a higher degree the elements needed for nutrition. Many people are prejudiced against their use because there are so many poisonous varieties, and the inexperienced cannot readily distinguish between them. It is probable that in the future they will become a more important article of food than at present. The fresh are better than the canned, but it is better in gathering them to be guided by some one who unerringly knows the edible varieties, than to trust to any written description. Any mushroom having an offensive smell, or a bitter, astringent, or even unpleasant flavor, is unfit for food.

OKRA.

BOILED.—Use only that which is young and tender; wash carefully, so as not to break the skins for the mucilage to escape. After washing, take off the stems and boil until quite soft, in water containing a little salt. When done, drain in the colander, place in the dish in which it is to be sent to the table, season with pepper and a little more salt; then pour over it butter sauce, or hot cream. Cook okra in porcelain lined or tin vessels, as iron colors it black. *Time* to boil, 1 hour or more.

The Okra is a species of manow (the *Hibiscus esculentus*) possessing mucilaginous seed pods which are valuable for soups and stews. The dishes thus formed are healthful and nutritious, and are quite popular in the South and in France. The ripe seeds are sometimes used to adulterate coffee, and form one of its least objectionable adulterations. Use the pods when young and tender; when over 3 inches long, they become tough and stringy.

ONIONS.

Onions, as has been said elsewhere, should not be cooked with other vegetables, nor should the kettle in which they are cooked be used for other foods, as the odor of the onions clings tenaciously to the kettle for a long time after using it for that vegetable. So many people dislike onions, and others who like them do not eat them for other reasons, that great care should be taken in this respect. Remember the caution about using them in soups, when you are not sure of the tastes of the partakers; boil the onions separately, in the *onion-kettle*, and add them, at the time of serving, to the soup of those who like them.

When peeling and slicing onions, hold the hands under water and they will not then affect the eyes. After peeling onions the smell may be taken from the hands by rubbing them with celery.

It is said that after eating onions, the odor may be overcome by eating a little parsley.

Onions, carrots and turnips should be cut across the fibre in rings, instead of being split the other way, as they will then cook tender more quickly. The rank flavor of onions may be relieved by soaking them for an hour before cooking, in warm salt water.

PLAIN, BOILED ONIONS.—Pour on boiling water, and take off the skins (use those of medium size, as the largest ones can be sliced for frying, and the smallest can be used for soups, if liked). Boil them in salted water, changing it once or twice during the process; when done soft, take them out with a fork, or drain them, put in a vegetable dish, sprinkle on salt, pepper, and bits of butter, which will be melted by the heat of the onions, and serve. *Time* to boil, about $\frac{1}{2}$ hour.

ONIONS A LA BORDEAUX.—Parboil medium sized onions, then drain the water from them; put them in a kettle with butter the size of an egg, a little salt, and use stock, gravy or water, to moisten them; simmer them until tender, and the sauce is reduced; add the juice of a lemon, and send to the table hot.

ONIONS WITH CREAM.—Skin the onions and cut them in small pieces and put them into a sauce-pan with a piece of butter and a little water, and let them cook thoroughly. Strain them and put them back into the sauce-pan, with a piece of butter; when this is melted, stir in a little flour, pepper and salt, and just before serving, a small quantity of cream. When this is added, the sauce must on no account be allowed to reach boiling point. Milk can be used in place of cream. *Time*, altogether, about $\frac{1}{2}$ hour.

ESCALLOPED ONIONS.—Boil the onions till quite soft, changing the water twice. Butter a deep baking-dish, and put in a layer of onions just pulled apart in bits, but not chopped; season with bits of butter and a little salt; then add a layer of bread crumbs or crushed crackers, season to taste, and moisten with milk. Then put in alternate layers of onions and crumbs, seasoning each layer, till the dish is full; finish with the bread crumbs. Moisten the last layer very thoroughly with milk; bake $\frac{1}{2}$ hour in a hot oven.

Escalloped, No. 2.—Lay an onion, sliced, and fried brown in butter, in the bottom of a baking-dish; put a layer of cold boiled rice next, well moistened with an equal quantity of stewed tomatoes, and cover the whole with a layer of crumbs, wet with milk. Set in the oven till heated through and brown on top. The rice and tomatoes should be previously seasoned.

FRIED ONIONS.—If the onions are large, cut them in quarters first, then across in small pieces. The small ones may be cut in rings; put them in a spider, with a little dripping, or salt pork fat, to keep them from sticking; cover for 10 minutes, to partly stew them, then uncover and stir them until they are a nice yellowish brown. Butter may be used in frying onions, if preferred, but anything fried with butter must be closely watched, as it is more apt than other fat to scorch.

SPANISH ONIONS, FRIED.—Heat 2 tablespoons butter in the frying-pan till smoking hot; put in 2 lbs. Spanish onions, peeled and sliced, add 1 teaspoon salt, a dash of cayenne and a little black pepper; cook until tender, stirring constantly; then serve on toast. Pour over them the gravy they form in cooking.

The onion belongs to the natural order *Allium*, which includes also the leek, garlic and shallot. It is supposed to be a native of India, or Egypt, in both of which it has been grown from very early times. In Egypt, it was an object of worship. Of all the flavoring substances used in cookery, it is the most valuable, next to salt. The onion possesses strong irritant and excitant properties, and is diuretic, expectorant and stimulating. It is believed to promote sleep, and is usually considered very nutritious, but opinions differ on this point. They are not suited to all stomachs, and some cannot eat them fried or roasted, while others prefer them boiled, by which process they are deprived of their essential oil. Some authorities claim for them medicinal qualities of a high order, and advise their more general use. The strong smell comes from a volatile oil, rich in sulphur.

Spanish Onions are large, white, and delicate in odor and flavor. They can be used to flavor other vegetables, or used as a salad when cut in thin shavings. They can also be baked, boiled or fried, and served as a vegetable.

PARSNIPS.

BOILED.—Wash and scrub well, and boil until tender in salted

water; then put them into cold water and the skins will easily rub off. Then cut them up and serve in a bechamel or white sauce, letting them steep in it a little while before serving. *Time to boil*, if small, $\frac{1}{2}$ to 1 hour; if large 1 to $1\frac{1}{2}$ hours.

PARSNIP BALLS.—Boil as above and take off the skins; then mash smooth, removing any tough fibre; add salt, pepper, a little flour, and well-beaten egg; form into balls, and fry in smoking hot fat.

FRIED PARSNIPS.—Boil and skin as above; when cold, slice them and sauté in butter or salt pork fat. Season with salt and pepper, and serve hot.

STEWED PARSNIPS.—Wash and scrape them clean, then cut them in little pieces about $\frac{1}{2}$ an inch square, put them in a kettle with just sufficient water to cover them, with a trifle of salt and a little pepper. When they are done, take off the cover, and let the water they were boiled in evaporate, so that there will be none to turn off, and they will brown a little; do not stir them until you take them up; then add a generous piece of butter (remember the old adage, "Fine words butter no parsnips"); stir lightly with a fork, take them up into a hot vegetable dish, and send to the table.

Parsnips are a native of England, and are found in many parts of Europe and northern Asia. There are several varieties in cultivation. They are wholesome and more nutritious than either the carrot or the turnip. Parsnips are sweetish in taste, and are a particularly useful vegetable in spring, when a change of diet is desirable and fresh vegetables are scarce. They contain a little gluten, and a small percentage of starch and sugar. They go well with corned beef and salt fish. Although they are left in the ground during the winter, they should be dug as soon as the frost is out of the ground, and before the tops start to grow, as that detracts from their sweetness.



PARSNIP.

PEAS.

Young green peas should be washed in the pods, then shelled; then put the pods in a little *soft* water and boil about 10 minutes, as these pods are sweet and full of flavor which is worth saving; then skim them out, put in the peas, and boil about $\frac{1}{4}$ hour, or until tender, adding a little salt when almost done. Do not drain off the water they were cooked in, but serve with the peas. When done, add a little butter, and salt if needed. A little sugar will be an improvement, and cream if you have it.

Green peas are nice cooked in a steamer without water; then salted, and cream poured over them.

If dried peas are boiled until very soft, mashed and passed through a sieve, then seasoned and served, it will divest them of their indigestible outer coat, and it is really the best way to serve them. This applies also to beans. These pulses are among the most nutritious of food, but the outer skin is almost indigestible *celulose* and is best gotten rid of as far as possible. Time to boil peas, about $\frac{1}{2}$ to 1 hour, according to age and condition.

The water in which peas are boiled should not be thrown away. If to this, as it comes from the kettle, is added a little stock, or some good meat extract, a delicious soup is at once produced, requiring nothing more than ordinary seasoning.

Peas have been cultivated in the East from time immemorial, and were introduced into Europe very early in the middle ages. When eaten young, they are wholesome and digestible, and being richer in phosphates than most other vegetables, they are more adapted to invalids; but when older they are more indigestible. Split peas have the tough envelope removed.

Green peas are more digestible but less nourishing than dried, which require prolonged boiling to make them digestible. Dried peas should always be boiled in soft water, for the longer they are boiled in hard water, the harder they become. A little bicarbonate of soda, (cooking soda) may be added to the water in which dried peas and beans are cooked, as this assists in softening the legumen. It may also be added to stale green peas, but it impairs the color of fresh, tender, green peas and beans, and is not needed for softening purposes.

PARSLEY.

FRIED.—See that the parsley is dry, dip it in smoking hot fat 1 minute, drain on paper, sprinkle on pepper and salt, and serve.

THE PARSLEY is a hardy biennial plant, a native of Eastern Europe. There are several varieties, the Hamburg parsley being grown for the sake of its roots which are eaten like parsnips. The leaves of parsley are nutritious and stimulating, and are used as a flavoring for soups, etc., as well as for garnishing foods. The root is diuretic. The fruit (seed) is a deadly poison to many birds, especially parrots.

To keep parsley for the winter, use that which is freshly gathered, wash it free from grit and dirt, and put it into water which has been slightly salted and well skimmed, and let it boil 2 or 3 minutes; then take it out, drain, and lay it on a sieve before the fire and dry as quickly as possible; store away in bottles in a dry place. When wanted for use, pour a little warm water over it and let stand about 5 minutes.

POTATOES.

Probably the best method of cooking potatoes, certainly from September to June, is by steaming them in the skins; by this pro-



PEA.



PARSLEY.

cess the steam penetrates everywhere, and there is no loss of material or salts. If the skins are removed before boiling, a large amount of salts will be lost. Dr. Letheby estimates the loss when the skins are removed at 14%, and when not removed at only 3%. The addition of common table salt to the water is advantageous, as it modifies the extraction of the natural salts, and improves the flavor. The boiling should be thorough, so that the starch grains of which they are largely composed, may swell and burst the walls of cellulose, which confine them; too often, however, the potatoes are spoiled by allowing them to absorb water, and so become sodden after this stage is reached.

Old potatoes, towards the end of the season, are improved by being peeled and put into cold water over night, by which process they regain in a measure their natural color and consistency.

Put potatoes into cold water as soon as peeled; they turn dark if left exposed to the air.

Old potatoes are rendered more digestible by being finely mashed; mash them *very* thoroughly indeed—you will hardly overdo it. Roasted potatoes are more nutritious than boiled, and mealy potatoes more nutritious than those which are waxy.

Potatoes are spoiled by germination or growing (which exhausts the starch) and by frost; severe frost invariably kills them, so that when the thaw comes the process of putrefaction almost immediately sets in. The sweetness of potatoes which have been frozen and thawed, arises from the fact that the starch then changes to sugar on being exposed to warmth and air. Keep them frozen until wanted for use, then thaw by letting them lie in cold water, and use at once. Potatoes after being frozen decay very quickly, because in freezing the water they contain bursts the cells. They can be put on to bake without being thawed, when frozen.

Whenever the starch cells are intact, ripe potatoes can be cooked so that they will be mealy. The starch cells have not matured in unripe potatoes, so that when cooked they will not be so mealy, but they need not be soggy. When potatoes sprout, the process of germination ruptures the starch cells so that they will not afterwards cook as mealy as before sprouting. If sprouts appear they should be removed or killed at once, as they exhaust the starch as they grow, and spoil the potato for food.

TO BOIL POTATOES.—Wash them very thoroughly, or scrub them; a narrow strip cut off around the middle will allow the poisonous *solanine* to escape more readily; put them into boiling, salted

water, and boil them until soft (about 25 minutes) varying according to variety and size. The thing to bear in mind is that to have potatoes mealy they must be taken out of the water as soon as the starch cells are cooked enough so that their walls are ready to burst; if drained off at once, the superfluous water will pass off as steam, and the interior will be dry and floury; if left longer they will absorb water and become sodden; therefore as soon as they are tender enough to pierce readily with a fork, drain them, cover with a thick cloth, and set them for 15 or 20 minutes on the back part of the range, or where they will keep hot without burning. They can be kept thus, hot and dry, for several hours if need be, and right for eating.

BAKED POTATOES.—Select potatoes as nearly of a size as possible, wash or scrub thoroughly clean, and if old, let them stand for 2 hours in cold water; then wipe dry (always dry potatoes for baking) and bake in a hot oven; it will take from $\frac{3}{4}$ to 1 hour. It is a good plan to prick the skin before putting them in to bake, to allow the escape of the steam and prevent their bursting; if not pricked, break the skin as soon as they are done to allow the steam to escape. Never cover baked potatoes to confine the steam, as that makes them soggy. Potatoes baked until just done are best; baked longer, they harden near the skin, lose their light, mealy character, and so deteriorate. Serve while hot. Baked potatoes are the most wholesome, because none of the nutrients are lost, part of the starch is turned to sugar, and the solanine escapes with the steam.

POTATO BALLS.—Mix 2 teacups mashed potatoes, 2 tablespoons melted butter, 2 well-beaten eggs, salt and pepper to taste; form into balls, roll in flour, and fry in hot lard, or drippings.

BROILED POTATOES.—Cut whatever you may have of cold boiled potatoes into lengthwise slices, about $\frac{1}{4}$ inch thick; dip each in flour, and lay them between an oyster broiler. Have the fire clear, and when both sides are nicely browned, lay the slices on a hot dish, put a piece of butter on each and season with salt and pepper. A very delicate dish.

POTATO CAKE.—Boil the potatoes till they are soft and floury, dry them, and, while warm, mash them thoroughly—this is usually done with the hand; then mix with them as much flour as will bind the potato without making it stiff, add salt, and roll out on a floured board, and shape the cake or cakes, then fry in boiling bacon-fat.

Usually, the cake is rolled to about $\frac{1}{2}$ inch in thickness, molded to the shape of the pan, and fried whole. Properly made, it is wonderfully light. It requires some art in turning it. This is managed by heating only enough fat at first to fry one side, then dexterously turning the cake on to a plate, and when sufficient fat is boiling for the other side, sliding it into the pan again.

BOSTON CHIPS.—After paring the potatoes, soak them 1 hour in cold water; then cut them into thin slices, lengthways of the potato; after this do not wet them again. Have a kettle of moderately hot fat ready; put the chips in a basket, dip them in the fat, leave a moment, lift out, dip in again, lift out again, and then put in and fry until they turn a golden brown; then lift out, put them in a colander, sprinkle on salt, set in the oven a minute, and serve.

SARATOGA POTATOES.—Shave them thin, soak in cold or ice water 20 or 30 minutes, drain them, dry on a towel, and fry in boiling fat to a light brown; when done, drop them on blotting or unglazed paper to absorb the extra fat; sprinkle on salt and serve hot. Enough can be done at one time, if desired, for several meals; they keep well, are easily warmed over by setting them in the oven a few minutes, and are nearly as good as when fresh.

A similar method is to cut them in cubes, instead of thin strips. They require a little longer frying, but are nice for a change, and are more moist and digestible than chips.

CREAMED POTATOES.—Into a frying-pan put 1 tablespoon butter; as soon as it bubbles, stir in 1 tablespoon of flour, and 1 cup of hot milk; season to taste with pepper and salt; then put in 2 cups cold boiled potatoes, which are cut into small cubes, heat thoroughly and serve.

POTATOES WITH CHEESE.—Put alternate layers of thinly-sliced cheese, and sliced cold potatoes into a dish, with the cheese on top; dot with butter, and bake a light brown in a slow oven. *Time*, about $\frac{3}{4}$ hour.

ESCALLOPED POTATOES.—Slice small, raw potatoes quite thin. Butter a dish well, and sprinkle fine bread crumbs on the bottom; then put in a layer of sliced potatoes and season with salt and pepper and bits of butter. Then add another layer of crumbs, and so alternately until the dish is full, having crumbs on top with a good supply of butter. Moisten with milk and a little cream, if it is to be had, and bake until potatoes are creamy and nicely browned on top. If the oven is very hot, it is well to cover them part of the time.

POTATOES AND EGGS.—Take 2 large cups of cold, well-mashed potatoes, and $\frac{1}{2}$ cup melted butter; beat together until light and smooth, and add 2 well-beaten eggs, 1 cup milk, and a little salt; beat all together, put into a deep dish, brown in a quick oven, and serve hot. *Time*, about 10 minutes.

FRIED.—Peel and slice cold potatoes, and fry first one side; then turn and fry the other, in a frying-pan, with salt pork fat, beef drippings or butter. Sprinkle with salt and pepper, and always send to the table hot. Raw potatoes can be fried in the same way. They will be better if soaked in cold water after being peeled and sliced; the water will take out the starch and they will then fry more crisp. The French usually fry them, like doughnuts, in smoking hot fat. Take them out the minute they are browned, drain on paper, season, and serve hot.

POTATOES WARMED IN GRAVY.—Chop cold boiled potatoes in the chopping-bowl (with a knife they are never cut even, some pieces are large, while others are almost mashed); after the potatoes are pretty fine, put a piece of butter in the frying pan, turn in the potatoes, brown slightly, then turn in gravy (chicken gravy is very nice), and stir the potatoes carefully with a fork, so as not to mash them, until the gravy is very hot. Season with a little salt and pepper.

LYONNAISE POTATOES.—Slice 6 cold boiled potatoes, or cut into dice. Put a little butter in the frying-pan, put in $\frac{1}{2}$ onion chopped fine, and fry it a light brown, turning them without breaking; then stir in 1 tablespoon of minced parsley, and serve hot. A few drops of vinegar added with the onion, improves the flavor.

MASHED POTATOES.—Pare and boil them in slightly salted water; when done, drain off the water, and mash them in the kettle with a wire masher; add a level teaspoon of salt to 10 potatoes, and a little cream, or, if one has no cream, a piece of butter and a little hot water; mash and beat against the side of the kettle, until they are creamy—you can hardly mash too much; keep them hot in the kettle until ready to serve. Pour hot water in the vegetable dish to warm it, pile the potato in the dish, put dots of black pepper over it, and send it to the table.

POTATOES A LA MAITRE D'HOTEL.—Cut cold boiled potatoes in small squares, the size of dice, and put them over the fire in a stew-pan, with butter or cream, a little chopped parsley, salt and pepper to taste, and a few drops of vinegar or lemon juice. Let

them get hot, shaking the pan to keep them from burning, and serve them in a hot dish that has been rubbed with a raw onion.

POTATO PUFF.—To 2 cups of mashed potatoes, add 2 tablespoons of melted butter, and beat until light; then mix in it 2 eggs, well beaten, a cup of milk, and salt to taste. Beat together thoroughly, and bake in a buttered pudding-dish in a quick oven until nicely browned. A fine breakfast dish.

PUFFED POTATOES.—Cut peeled raw potatoes in thin slices, and fry in a kettle of hot fat; stir with a fork to prevent their sticking together. When they are soft, take them out with a skimmer and let them drain on a sieve until cool; then return to the hot fat and fry 4 minutes longer; the second frying causes the slices to puff and become hollow. Sprinkle them with salt and serve.

POTATO STEW.—Take 6 or 8 large potatoes, peel and slice thin; cut 3 thick slices of salt pork into little squares, and put into the bottom of the soup-kettle; fry thoroughly, then add the potatoes, with salt, pepper and a little sage, if liked, and 1 large tomato peeled and sliced; cover with water and closely cover the kettle. Cook until the potatoes begin to break in pieces. Cheap and good.

QUIRLED POTATOES.—Peel, boil, season and mash potatoes; put them through a colander into the dish in which you wish to serve them, set in a hot oven and brown.

SALTED POTATOES.—Make a *strong* brine of salt and water; clean but do not cut, smooth, medium sized potatoes; when the brine is boiling hot put in the potatoes and boil until tender. Serve with the jackets on; with good butter. Nice and new.

STUFFED POTATOES.—Choose 12 good-sized potatoes, wash them, and scrub the skins with a brush; bake them until done—about 1 hour. Remove them from the oven, cut a slice off one end of each, scrape out the potato, mix it lightly with a small piece of butter, pepper and salt, replace it in the skin, and, when all are done, return them to the oven for 10 minutes. In serving, cut a slice off the other end to make them stand upright on a flat dish, leaving the top uncovered. A little cooked meat can be mixed in before replacing the potato in the skin, if desired.

POTATO TURNOVERS.—Have some cold roast beef, or veal and ham mixed, and cut very fine. Take hot mashed potatoes and make into a paste with 1 or 2 eggs, according to quantity. You should have twice as much potato as meat. Roll the potato out,

dredging with flour. Cut this round, about the size of a small saucer. On one half put the chopped meat, fold the other half over and fry a light brown.

WARMED OVER POTATOES.—(1) Slice up cold potatoes, fry in a little butter, lard, or nice drippings, season with salt and pepper; fry a nice brown, and just before serving pour in a little cream or milk; toss about for a few minutes. Serve very hot. Or, (2) grate them into the dish they are to be served in, dot with butter, sprinkle on salt, and bake about 5 minutes in a hot oven. Or, (3) cut into dice, put into a dish, add a little milk, butter and salt, and heat in the oven. Never waste any potato left over.

The potato is a native of America. It was introduced into England in the sixteenth century, but it was nearly 100 years before it was cultivated to any extent. As food, it ranks next in value to the cereals, but it is not as cheap and desirable a food in itself as is often supposed, since it does not contain the necessary food elements in right proportions for a steady diet. It is best eaten as an addition to pulses, lean meat, and other nitrogenous food.

Potatoes consist mainly of starch and water, about 78% being water; starch 18%, and fibrin and albumen 2%. Young new potatoes are more indigestible than old ones. In a floury and mealy state they are easily digested, but when close and waxy they are not. They possess slightly laxative qualities. The waste in boiling is much less when they are boiled in their skins, because that is of a cork-like substance partly impervious to water.

There is considerable waste in peeling potatoes because the most albuminous part lies immediately under the skin. In and near the skin itself, is a poisonous acid juice, called *solanine*, but that is destroyed or dissipated when the potatoes are cooked. It is this poisonous acid which causes the disagreeable smell and taste of the water in which potatoes have been boiled, and it makes the water unfit for use.

SWEET POTATOES.

TO BOIL.—Select those of an even size, wash perfectly clean, and boil until tender; then peel, cut them in two lengthwise, and place them on a buttered tin in the oven to brown; in this way the skins are disposed of before sending them to the table. It takes longer to cook sweet potatoes than the common ones. The time is about $\frac{3}{4}$ to 1 hour.

BAKED.—Wash medium-sized sweet potatoes and place on the top grate of a hot oven; when the potatoes are about half done, pierce them with a fork to let the steam escape; this will make them dry and mealy.

BROILED.—Boil, let cool, and peel the number of large, sweet potatoes required. Slit them in 2 or 3 slices, dip in melted butter, and place them in a double gridiron. Broil a light brown on both sides, dish them up, and after pouring some melted butter over the potatoes, they may be served.

FRIED.—Peel the raw potato, cut it into very thin, lengthwise strips, and fry in smoking hot fat, deep enough to immerse them in;

as they rise to the top and brown on one side, turn them and let them brown on the other. Nice, and new in the north.

SWEET POTATOES AND PORK.—Select white looking fresh pork—rib pieces; cut them thin and free from fat and bone; fry them carefully, and cook thoroughly until nicely browned; then place on a warm platter; cut boiled sweet potatoes in slices lengthways, and fry until brown in the fat in the spider; use care not to burn them; salt them as they cook; then arrange on the platter around the meat; serve very hot, with apple-sauce and hot johnny-cake.

SUGARED SWEET POTATOES.—Boil those of medium size, dry off in the oven, peel, let them get cold, and then cut in two lengthwise; then lay each half on its round side in a shallow pan or dripping-pan, put a good bit of butter and a little salt and pepper on each one, sift granulated sugar generously over all, and put in a quick oven to brown; it takes about 40 minutes. Excellent and new.

The sweet potato is probably of American origin, though now extensively cultivated in many countries. It belongs to the *Convolvulus* order. It contains more sugar than the true potato. Its constituent parts are, water 71 parts; albumen, 1½; starch, 15; sugar, 3; pectose gum and cellulose, 5; mineral matter, 1.



SWEET POTATO.

PUMPKINS.

PUMPKIN BUTTER.—Peel and cut enough pumpkin to fill a large iron or porcelain kettle. Select the sweetest pumpkins, as you would for pies. Stew 4 or 5 hours, until it is a rich golden brown color, and dried to a thick paste. It must be frequently stirred at last, to prevent burning. This sauce is especially good, served with pork, either salt or fresh.

Pumpkins for winter can be stewed and canned like fruit, and will then nearly equal fresh pumpkins.

Pumpkins are a species of gourd. They were formerly more used for food than at present, having been somewhat supplanted by the squash. They possess one peculiar quality—that of absorbing and retaining the flavor of whatever they are cooked with. If stewed with apples they taste exactly like them in puddings and tarts, and they may be used to advantage in most savory cookery. They contain about 1% of sugar, 2 to 5% of starch, and about 1% of fat and nitrogenous matter. An anonymous writer in the early settlement of America wrote home to England as follows:

“If fresh meat be wanting to fill up our dish,
We have carrots, and pumpkins, and turnips and fish,
We have pumpkins at morning, and pumpkins at noon,
And if it were not for pumpkins we should be undone.”

RICE.

BOILED.—Pick over carefully, and wash at least twice, in cold water, washing it thoroughly clean, and drain. Then put the rice into plenty of well salted boiling water, and make it boil actively so that the water will bubble and toss the rice around; cook it till tender, *but no longer*, for if the grains burst they will surely stick together; test it often by squeezing a grain between the fingers; if it flattens easily it is ready to drain; it should cook in 15 to 20 minutes, according to the age of the rice. When soft, drain off the water, remove the rice, and set it at the back of the stove to dry about $\frac{1}{4}$ hour. If you stir it while cooking, use a fork instead of a spoon, as that separates the grains. Cooked thus each grain will be distinct, and separate. Unless the water is used for soup, boiling rice is less desirable than steaming it, because so much of its nutrients are dissolved out and thrown away in the water.

BAKED.—Take some cold boiled rice, add 1 or 2 well-beaten eggs, some grated cheese, some finely chopped boiled ham, and a little melted butter; put it in a baking-dish, sprinkle grated cheese on top, and bake in a good oven until a broom straw, when thrust into the middle, will come out clean.

STEAMED.—Pick over the rice and wash it thoroughly in cold water; put it in a farina boiler, with $\frac{1}{2}$ teaspoon of salt and 1 pint of boiling water to each cup of rice; cover, and cook till soft (about $\frac{1}{2}$ hour); then remove the cover and let it dry off, stirring it with a fork to facilitate the escape of the steam and keep the grains separate. If you have no double boiler it can be put in a tin pail and steamed in the steamer. Stock or milk can be used instead of water, if desired, but use a little more.

RICE WITH CHEESE.—Steam some rice in either water or milk; then mix in some grated cheese, pepper and salt; put the mixture in a pie-dish or tin, shake some grated cheese on top, and bake until nicely browned. The mixture must be fairly moist before it is baked, or it will get dry.

Rice appears to be a native of the East Indies, and it has formed the principal food of the Indian and Chinese people from remote antiquity. It is now cultivated in every country where the climate is suitable. It contains about 75% of starch, and because it has little fat or albumen, it is not fit for a sole article of diet. In nourishing properties it is greatly inferior to wheat, but it is a light and wholesome food, and is well adapted for invalids. As it has little of the heat producing elements, it is suitable for the inhabitants of hot climates. It goes well with meat and other articles rich in albumenoids.



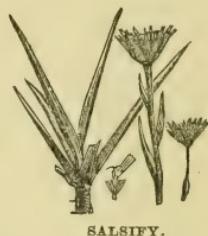
RICE.

SALSIFY OR VEGETABLE OYSTER.

Scrape the roots clean, and keep them covered with cold water containing a little vinegar, until time to cook, as exposure to the air will blacken them. Then boil till tender, in salted water—about 1 hour. After boiling thus, it can be mashed, the fibres picked out, salted to taste, butter worked in, and served in a warm vegetable dish. Or, after boiling, they can be drained, sliced, dipped in fritter batter, and fried in smoking hot fat; or egg and bread-crumbled, and then fried. Or the slices can be sautéed in a frying-pan, with butter or salt pork fat.

CREAMED SALSIFY.—Wash it, scrape, cut into slices $\frac{1}{2}$ inch thick, boil till tender in a sauce-pan; then turn off most of the liquor, add milk or cream, and salt to taste, and boil 5 to 10 minutes longer; thicken the liquor with rice flour or other thickening, and serve hot. If milk is used add a large lump of butter.

ESCALLOPED SALSIFY.—Boil, mash it, moisten with milk, add butter, salt and pepper to season, put it in a baking-pan, cover with dry crumbs, and bake in a quick oven about 7 or 8 minutes.



SALSIFY.

Salsify (also called vegetable oyster) belongs to the natural order *Compositæ*, the same order to which lettuce and chicory belong. It is the root which is used, which is shaped somewhat like the common carrot. As a rule, members of this order are tonic or stimulant in their medicinal qualities.

SEA-KALE.

BOILED.—Wash the kale thoroughly and examine it for insects; tie it in bunches like asparagus, and boil about $\frac{1}{2}$ hour, or until tender, in water containing a trifle of salt; when done, drain thoroughly on a cloth, untie the bundle, and spread the kale on slices of toasted bread; then pour over it hot butter sauce.



SEA-KALE.

Sea-kale resembles asparagus, and belongs to the same tribe. It is easily cultivated. It is so light that the most delicate organizations may readily eat it, and it is nutritious, stimulating to the appetite, and easily digested. It usually contains no sugar, but some mucilage and starch, the percentage being, starch and mucilage, 3; cellulose, 1; albumen 2.4; mineral matter, 0.6, and water, 93.

SCOTCH KALE.—This has a fine head of curly leaves; the tenderest are used as greens, and are prepared in the same manner as dandelions and other greens. This herb may be planted late, like late turnips, and is in season, if planted early, from midsummer to late fall; it may be picked green and fresh, even after the ground is covered with snow.

RADISHES.

These are washed and scraped, and to keep them fresh looking

are placed on the table in glasses containing a little water. All varieties are served in the same way.

There are many varieties of the radish, and they are supposed to possess some power in stimulating the appetite. The radish is demulcent, stimulating and diuretic, but it is not suitable for those with weak digestive powers.

SAUERKROUT.

TO MAKE.—Choose firm, white cabbage heads and remove the coarse outer leaves, and the large fibres of the back of the white leaves; chop coarsely, and for about 30 medium-sized heads, allow $\frac{1}{2}$ lb. of salt and mix it well with the chopped cabbage; cover the bottom of a small oak barrel or cask with cabbage leaves, and press the cabbage firmly into the barrel, or pound it down with a wooden pestle. When all the cabbage is firmly packed, cover with cabbage leaves and a cloth, then have a round cover that goes into the barrel, press it down firmly and put a stone on that to keep it in place. As soon as it begins to ferment (and you will know it by the odor) place the barrel in a cold cellar or storehouse, where it will not freeze. Made in October, it is ready to cook in February.

TO COOK.—To cook sauerkraut, take it from the barrel, and if very sour it can be washed in a plenty of water and drained dry in the colander; put butter, dripping or salt pork fat in the frying-pan, add a sliced onion, if liked, put a few spoonfuls of water in the pan with the kraut; cover with a plate and stew slowly for an hour; then stir it well before taking up. It is eaten with a little pepper and vinegar, or with sour baked apples.

SPINACH.

BOILED.—Wash it many times in cold water to thoroughly and perfectly free it from sand and dust. Then put in a close sauce-pan, without a drop of water, over a moderate fire; cover closely, and cook till tender—about $\frac{1}{2}$ hour. Its own juice runs out, and it cooks in that. Spinach should be one of the most healthful of springtime vegetables, but its most valuable elements are its mineral matters or potash salts, and by the old method of cooking they are almost entirely lost. The above method preserves them. When done, drain, chop fine, and season with butter, pepper and salt; or pour over a cream sauce. Serve with slices of hard-boiled egg over it.

Spinach is supposed to be a native of Western Arabia. It was not known to the ancients, but was introduced into Europe some 400 years ago. It is laxative, cooling, wholesome, and easily digested, but does not afford much nutriment.



SPINACH.

SQUASH.

SUMMER SQUASH.—*Boiled.*—They must be so young that the thumb nail will strike through the shell. Wash and quarter or slice them (you need not remove the skin or seeds); then boil till tender in slightly salted water—about 20 or 30 minutes. When done, turn off the water and set the kettle back on the stove; mash, and stir to let the water dry out, then add butter, salt, and a little white pepper. Keep hot on the back of the stove until time to serve.

Baked.—Pare the squash, remove the seeds, and steam it until tender; then mash, season with butter, pepper and salt, and to a medium-sized squash add 1 cup cracker or bread crumbs; stir together well, put it in a greased baking-dish, and bake 1 hour.

Fried Summer Squash.—Peel the squash, cut it in small squares, and fry in hot butter; season with pepper and salt. It will be as delicate as, and taste much like egg plant. Try it.

WINTER SQUASH.—This usually has a hard shell, and has to be broken with a hatchet, by dropping on a plank floor, or by sawing with the meat saw. Break in small pieces for the kettle, scrape out the seeds, and wash clean. Put the pieces in the kettle with the shell side up, have a little salt in the water, which should cover it, and cook for an hour, if it does not break to pieces. When done, take the shells in a clean cloth, and, with an iron spoon, scrape the squash into a basin to keep hot on the back of the range. If too dry, moisten with a little water, and add butter, salt and pepper to taste. Some winter squashes have a thin soft shell and are watery; they can be baked in the oven, then seasoned as above. Both summer and winter squashes are also steamed instead of boiled by some cooks.

The squash is a species of the gourd, belonging to the same general order as the cucumber and pumpkin. It is a pleasant and wholesome article of food, but contains little nutriment, having about 1% of sugar, 2 to 4% of starch, and less than 1% of nitrogenous matter.

TOMATOES.

BAKED.—Scald and skin tomatoes that are whole and firm, and ripe enough to be thoroughly red; cut a slice from the stem end, and with a sharp knife take out the hard core; arrange them in a round baking-tin well buttered, with the cut side upward; put a sprinkle of salt and pepper over them, and, in each one, a bit of bread well buttered. Then bake. *Time*, about $\frac{1}{2}$ hour

BAKED STUFFED TOMATOES.—Choose large tomatoes, as nearly the same size as possible; from the stem end take out the seeds and inner part of the tomato; make a stuffing of bread crumbs,

finely-chopped cold ham, and the chopped tomato; season with butter, pepper, a little salt and mustard. Fill the tomatoes with the stuffing and bake them. *Time*, about $\frac{1}{2}$ hour. Add a little butter to them before putting in the oven, and a very little water in the baking-pan. When they are done, set them where they will keep hot; add a little more butter and hot water to the baking-pan, and make a thin gravy, thickening it with brown flour and stirring in a tablespoon of sugar.

TOMATOES AND CREAM.—Slice the tomatoes rather thick, and turn off all the juice that escapes; sprinkle with sugar, and just before they are served pour cream over them. To those who have never tried it this dish may be uninviting, but to those who are fond of the natural flavor of the tomato, it will be found delicious. The yellow tomato preserves are very nice served with cream. Accompanied with nice white cake, no daintier dessert could be wished for.

TOMATO CROUTES.—Small tomatoes are better for this dish. Scald and peel, then cut a slice from the stem end, leaving about $\frac{3}{4}$ of the tomato; place them the cut side down, on slices of buttered bread, arranged in a buttered baking-tin; sprinkle with salt and pepper; bake $\frac{1}{2}$ hour. This dish can be served with cold meat, and is well worth trying.

ESCALLOPED TOMATOES.—Tomatoes are escalloped like oysters. Put a layer of bread crumbs in a buttered baking-dish; over this, a layer of sliced tomatoes, seasoned with salt, pepper, butter, and a very little sugar. Have the top layer of bread crumbs, and scatter over it bits of butter, and then bake—time, about $\frac{1}{2}$ hour. A little of the gravy left from roast meats would add to the flavor, and might be poured over just before it is put in the oven. Canned tomatoes can be used almost equally well.

RAW TOMATOES.—Tomatoes are often eaten raw. Some people object to having the skin removed, but if properly done, the flavor is not injured. Select those which are firm, smooth and fully ripe, put them in a pan, and pour on enough boiling water to cover, and leave them 15 seconds, but no more; then pour off, and fill the dish with cold water. Take out, remove the skins and cores, and set on ice till wanted. Cut in thin slices and serve ice cold. They are delicious eaten either with sugar alone, or with sugar, salt, pepper and vinegar. They should be prepared several hours in advance, to be eaten this way; or, if wanted for breakfast, skin them the night before, and keep on ice till ready to use them.

FRIED TOMATOES.—Select the largest firm, ripe tomatoes for frying. Cut them in halves and put them in a frying-pan that can be covered, having first melted 2 tablespoons of butter in the pan; place the tomatoes with the skin side down, and on the top of each half put as much of bread crumbs as it will hold; season with salt and pepper. Cover the tomatoes and allow them to cook 10 minutes without removing the cover; then take out the tomatoes on a platter and set where they will keep hot while you prepare a gravy for them, as follows: If the butter has cooked away, add a little more to the frying-pan; pour in $\frac{1}{2}$ teacup of boiling water, then thicken with a teaspoon of flour wet with a little water; stir until it boils, season with salt and pepper, and pour over the tomatoes.

TOMATOES AND MACARONI.—Turn $\frac{1}{2}$ lb. tomatoes into a sauce-pan, with a spoonful of stock or a bit of butter; let them cook until tender enough to pass through a coarse sieve or colander, then re-heat, season nicely, adding a few drops of lemon juice or vinegar, and pour over a flat dish covered with nicely boiled macaroni, *not* the pipe; *that* answers when it is to be cut into short lengths. Cover the surface with grated cheese and bread crumbs, put a few bits of butter over it, and brown it before the fire or in a quick oven.

SALTED TOMATOES.—Pick ripe tomatoes (but not too ripe) and put in jars. Put strong salt brine over them, and cover with a plate, having the brine just cover them, and then in the winter when you want to use them, take out what you want and soak 24 hours in cold water, and peel and slice the same as when they are fresh from the vines. They are much better in this way than when canned.

STEWED TOMATOES.—Scald, peel, slice and stew slowly in a sauce-pan about $\frac{1}{4}$ hour; then add salt, pepper, butter, and a little sugar to sweeten; stew $\frac{1}{4}$ hour more, stirring in the seasoning. Thicken, if desired, with cracker or bread crumbs, or corn-starch, or flour dissolved in cold water. Canned tomatoes can be prepared in the same manner.

TOMATO TOAST.—Scald and peel nice, fresh tomatoes, and stew till tender—about $\frac{1}{4}$ to $\frac{1}{2}$ hour; season with butter, salt, pepper and a little sugar. Take as many slices of bread as needed for the family, toast well, butter, and arrange in layers in a deep dish with some of the stewed tomatoes on each slice; cover and serve at once.

CANNED TOMATOES.—These are nice stewed and baked in alternate layers with boiled rice, or boiled macaroni, seasoning the layers with butter, pepper and salt.

The tomato is a native of South America, and belongs to the nightshade order, which includes the potato and tobacco. It was considered poisonous or unfit for food until within a comparatively few years. The fruit is the only part which is eaten. It is a delicious article of food, and exerts healthful influence upon the liver and biliary organs, and is considered by some physicians a good remedy for indigestion and dyspepsia. It contains about 6% of sugar, a little less than 1% of malic acid, to which it owes its refreshing and cooling qualities, a little pectose, etc. The skins will readily come off if boiling water is poured over them and they are allowed to stand a while.

TURNIPS.

BOILED.—Wash, peel, cut in pieces, and boil until tender in just enough salted water to cover them. They are then sometimes mashed until the lumps are all out, then seasoned with salt, white pepper, and a little butter; serve hot. A better way than mashing, because it makes them less soggy, is to chop them; when boiled tender, turn them into a wooden bowl, season with salt, white pepper and a little butter, chop them very quickly, and put them in the oven to become hot before serving. Small turnips are very nice served whole, with butter, salt and pepper, and if one has it to spare, a few spoons of cream on them. Time to boil, young, 15 to 20 minutes; if old, $\frac{3}{4}$ to 1 hour.

CREAMED TURNIPS.—Boil, cut in dice, and pour over a cream sauce. A drawn butter, or any white sauce, can be used instead.

PIEDMONTESER TURNIPS.—Half boil the turnips; after cutting them in slices, butter a pudding-dish, put in the turnips, moisten them with a little milk or cream, dust over them pepper, salt and bread crumbs, and a little grated cheese, and bake in the oven until of a bright golden brown. Omit the cheese if preferred.

The turnip is used throughout the United States and Europe, but it does not thrive in a hot climate. It contains little nutritive matter, and is good for human food only when taken with other articles. When eaten alone it creates flatulence. It contains no starch but has instead a jelly-like substance called pectine, and in the best kinds a slightly acid quality also. It is somewhat laxative and diuretic. It is not good for those with weak digestive organs. Turnips need much salt as they contain none, and being without fats or starch they go well with fat meats, potatoes, etc., which contain those elements.

YAMS

BOILED.—Peel and cut into slices about $\frac{1}{2}$ inch thick, put them into a kettle with barely enough salted water to cover; cover closely and cook till tender—about $\frac{3}{4}$ to 1 hour. Drain in a colander, keeping it hot. Make a white sauce, pour it over and serve.



TURNIPS.

FRIED.—Peel the yams and slice as above; parboil 20 minutes in slightly salted water; then drain, wipe dry, and fry brown in butter, pork fat or oil, as preferred; sprinkle with a little salt and white pepper while frying.

The yam is a native of tropical countries. The roots are tuberous, something like our own potatoes. When boiled or baked they are nice in flavor, and very nutritious. Although somewhat resembling sweet potatoes they are of a widely different order, belonging to the order *Dioscorea*. They contain water, 79%; albumenoids, 2%; starch, etc., 16%; fats, 0.5%; mineral matters, 1½%.



YAM.

BREAD, BISCUIT, ETC.

BREAD has well been called the staff of life. It is in vegetable foods, that which flesh is in animal foods, and each contains nearly all the elements needed for nutrition.

Wheat makes the best bread of any cereal. This is owing to the peculiar character of its albuminous matter, which is a greyish yellow, elastic, sticky substance, called gluten. This gluten is a compound of at least 4 albumenoids, called gluten-film, gluten-casein, gliadin, and mucedin.

Grains like corn and oatmeal, which lack gluten, do not make good bread. Wheat bread best meets the requirements of adult life. The gluten furnishes the flesh making elements, and the starch the heat giving, while deficiencies in the amount of phosphates, etc., can be made up by the use of eggs, vegetables, etc.

The essentials of bread making are (1) perfect cleanliness; (2) good flour; (3) good yeast; (4) the dough must rise well; (5) the oven must be right—neither too hot nor too cold; (6) the careful attention of the cook throughout the process.

The principal causes of sour bread are using poor yeast, raising at too high a temperature, insufficient baking, and cooling in a warm, impure atmosphere.

Wheat bread is the kind most commonly eaten in this country, and it is made of the best quality of wheat flour by mixing it with water or milk and yeast of some kind, which causes a more or less rapid fermentation according to the kind of yeast employed. A thorough kneading or molding process is also essential in making this bread, and great care and skill employed in the baking.

The yeast must be fresh and good or the bread will be heavy and indigestible; stale, sour yeast or leaven, produces instead of vinous, an acetous fermentation, and the result is a sour, heavy and unwholesome loaf.

Mixing the Bread.—Always sift the flour before using it, and it should also be dry. Dough for bread, if mixed at night, should be made late in the evening, and well molded (or kneaded as the process is usually called), and in cool or cold weather should be placed where it will retain the warmth of the water or milk used in mixing the dough. The wetting should be quite warm, but not hot enough to scald the yeast. The flour should also be warmed in cold weather

by setting the pan which contains it on the back of the range, and constantly stirring it from the bottom of the pan, until the flour feels warm to the hand. The hand is better for stirring it, as a spoon does not always prevent its caking in the bottom of the pan. When thus warmed it will rise much more quickly, and when thoroughly warmed it can be mixed with the warm wetting. A tablespoon of salt is added, and many cooks use a tablespoon of sugar, which hastens the fermentation and rising of the dough.

In hot weather the flour does not need warming, and the wetting may also be of the temperature of the air. The dough will be light in the morning, and can be molded again, divided into loaves and put into the baking-tins to rise again, when it will be ready to bake; or, instead of molding it early in the morning, if other work is pressing, or the third rising is desired, it may be cut down with a knife, until it is very nearly of the bulk it was before rising, and left to rise again until after breakfast is over, when it can be molded to put in the baking-tins. One good bread making rule is to mold 20 minutes at night after mixing, keeping the dough as soft as possible; then cut down well the first thing in the morning; after breakfast mold 10 minutes, with as little added flour as possible, then divide into loaves and put it in the baking-tins.

If dough becomes chilled, put the pan at once into a larger one filled with warm water, and as fast as the water cools replace it with more which is warm, until the dough begins to rise again. By keeping rising dough at a temperature of about 50° (by putting it in a cellar or otherwise), it may be kept at a standstill for hours without being injured; then it should be brought into a warm room about an hour before baking, to finish the rising process.

The best way of mixing bread is to mix the yeast well into the water or milk, and then work in the flour. This is better than the old way of making a hole in the flour and then pouring the liquid into it, as less kneading will be necessary, and the yeast will be more uniformly mixed with the flour. It is better to measure the liquid, letting that regulate the size of the loaf, and then add enough flour to make it the right consistency, than it is to measure the flour first and then add the liquid. Measure the liquid, and either mix in all the flour at first, or else add about half at first, making a batter, let it rise well, then add the remainder, and let it rise again. By the latter method the bread rises more quickly, and milk bread may in the summer be thus mixed in the morning and baked by noon. Housekeepers can try the 2 methods and adopt the one which they prefer,

When yeast bread is mixed in the morning instead of at night

(and with the quickly rising compressed yeast this is often done) instead of molding the bread when first mixed, it can be stirred with a spoon, and the flour cut into it, until the dough is quite stiff; then cover it to keep it warm and in 2 or 3 hours it will have risen so that more flour can be added, then molded, and put into baking-pans to rise. Many persons prefer this bread as being better and sweeter than when risen over night.

Remember that getting the dough too stiff is one great fault in making bread; aim to have it as *soft as possible* without being at all sticky or wet. If either the sponge or the dough be permitted to overwork itself, that is to say, if the mixing and kneading be neglected when it has reached the proper point for either, sour bread will probably be the result in warm weather, and bad bread at all times.

The Kneading.—The object in kneading the dough is to thoroughly mix the flour and water, and evenly distribute the yeast, so that the fermentation may be uniform. It is best done on a bread board, although often done in a mixing bowl. The dough should be kneaded until it is a smooth, plastic, even grained mass. The motion is hard to describe, but much depends on having the kneading thoroughly and properly done. Use as little extra flour as possible. Deftness rather than strength counts in the process. If you can pull the dough out long, and it springs back to the hand, it is good.

The Rising.—In setting the dough to rise, the rule is that it should rise till its size is a little more than doubled. It is best to cover it with several thicknesses of cloth and a tight fitting cover; this will keep out the air and prevent a thick crust from forming, which will not mix well with the dough when it is kneaded, and will cause streaks or spots in the bread. Grease the bowl in which the dough is set to rise.

Care should be taken in rising bread that it is kept warm in cold weather; but not too hot, as that induces the acetous fermentation instead of the vinous, and the dough sours; about 70° to 80° is right. Old bread makers preferred a slow rise, which they said made a sweeter bread, but later scientific developments point towards a quick rising as the best, because yeast being a plant which lives and dies, by quick fermentation the plant is living when the bread is ready to bake, but by the slower process only the dead spores are left. To hasten the process of rising, use plenty of yeast, but do not keep it too hot. The less yeast used however, the sweeter the bread will be, because the yeast consumes the sugar in the dough, and the more yeast used the more sugar will be consumed.

Bread keeps better, especially in hot weather, if no milk is used in the mixing; a bit of butter or a little lard may be added to the warm water used in mixing the bread, which will give it the necessary "shortness" when the milk is omitted. When the dough is molded and placed in the pans, allow for its doubling in size before baking—that is, make up the loaves to half fill the pans. It should be placed in the oven before the pans are quite full of the risen dough, for it rises a little after being put in the oven.

The Bread Pans.—The brick-shaped sheet-iron pans are preferable to any others, both in shape and material. Round loaves do not cut in equal sized or symmetrical slices, and the untinned iron pans are better conductors of heat than those bright with tin. Grease the pan lightly before putting in the bread. The bread should not be made in too large loaves, as it is not so sure of being done in the center; besides, the smaller loaves furnish slices of convenient size without breaking, or cutting in 2 parts, as is sometimes done when the loaves are very large; the medium-sized pans or small ones are the best. A loaf is of better shape if molded in 2 parts, which after baking come out of the pan as a single loaf. One long loaf will be smaller at the ends, and will not cut in nice slices, unless the dough is pulled out quite long, and filled in at the ends of the pans.

The Oven should be well heated, and a steady fire maintained during the process of baking. An old rule for the heat of the oven, for bread and most baking, was to have it so that you could "hold your hand in it while you counted 12, but no longer," but the sensitiveness to heat in different individuals varies and a much better test is to throw a tablespoon of fresh flour on the oven bottom. If, after a few seconds the flour remains white, the temperature is too low and should be increased. If it burns black quickly, takes fire, or assumes a dark brown color, the oven is too hot and must be cooled. If it turns a blackish or brownish yellow, and looks slightly scorched, the oven is right.

If the oven gets too hot and there is danger of burning the bread, put a dish of hot water in the oven, and the steam will prevent its scorching; it is better, however, to carefully regulate the heat so that this will not be necessary. The right temperature of the oven for baking bread is from 400° to 450°.

Baking the Bread.—Medium-sized loaves should have from $\frac{3}{4}$ to 1 hour's time for baking, and should turn out of the pan of a yellowish brown color on the top, bottom and sides of the loaf. One test is to thrust into the loaf a straw taken from the broom; when it is pulled out, if it is clear from dough the bread is done, but if it is sticky the

bread should be baked longer. Or, if the loaf is baked in 2 parts, break them apart, and press with the finger where broken; if clammy it is not done and must be baked longer, but if elastic it is done.

If on opening the oven door you are met with a cloud of steam which quickly passes away, in all probability the bread is done. Bread should reach the temperature of boiling water (212°) clear to the center, but when carelessly baked, even when burned on the outside, it sometimes does not do so; in such slack-baked bread the yeast germs are not all killed, and the bread is not wholesome. In putting the pans into the oven leave space enough between them so that the heat can freely circulate around each one.

When turned out of the pan, if the sides of the loaf look white, while the top and bottom crust is of a good color, turn the loaf so that one side will come at the top and the other at the bottom of the pan, return it to the oven and finish browning the sides; if this is not done there is danger that the loaf will be doughy in the center. An oven too cold will allow the bread to rise too much, and cause it to run over the sides of the pans, which detracts from the flavor of the bread. If the oven is too hot it crusts over the top of the loaf and causes it to crack at the sides; it will also crack at the sides if it has not sufficiently risen in the pan before putting it in the oven.

Remember then, that bread should be thoroughly baked, for slack-baked bread is both unwholesome and unpalatable; and also that bread which "doughs" in the mouth will "dough" in the stomach, and hence is very indigestible, because it becomes a sticky mass which the digestive fluids do not readily penetrate.

After the loaves are baked put them where the air can freely circulate around them, thus cooling them quickly and carrying away any gas remaining about them; do not leave them in the pans. A fine wire frame is sometimes used to set them on; or turn the pan bottom upward and place the loaf on it, bottom upward also. Do not wet the crust or put a wet towel over it; a little butter or lard may be rubbed over the crust if preferred, but the moisture from the cooling bread will soften the crust sufficiently, and the bread keeps better to be cooled quickly. A thin dry cloth may be thrown over if there are flies about.

The best bread cloths are made from coarse table linen. Do not use them for anything else, and keep them scrupulously clean.

Bread keeps best in a tin box with a cover which shuts down tightly to keep it from drying out quickly. It must be thoroughly cold before putting it in the bread-box, or it will not keep well, and besides the steam from the bread will cause the box to rust—two things

to be carefully avoided. Do not wrap bread with a cloth while in the box, as it is then more apt to mold. If the box is rusty, put a plate or platter in the bottom of the box for the bread to rest on.

If hot bread is put on a wooden table, spread on a cloth before doing so, or the part of the bread which touches the table will sweat and absorb the odor of the wood.

Heat the knife when cutting either warm bread or cake, as it then cuts much smoother.

The Bread-box and Remnants.—On the day of baking, while the bread is cooling, take all the old pieces from the box, wash, scald, and thoroughly dry it, and let it stand in the sun, if possible, until the bread is ready to go into it. If there are pieces of old bread left, use them in some way, by making them into toast; or, if not enough for that, put them on a tin and dry them in the oven, roll fine, and use them in puddings, griddle-cakes, croquettes, or in scalloped or gratinated dishes. Do not allow a particle of the old bread to go back into the bread-box with the new; put it under a pan to keep from drying until it is time to use it. It is a good plan to dispose of every particle of old bread before beginning on the fresh.

Eating Hot Bread.—Bread made with yeast is indigestible when fresh from the oven, or on the day it is baked, because it is full of moisture and the starch is held together in masses which are impenetrable to the saliva, and when chewed by the teeth it forms into leathery, poreless masses, which lie in the stomach like lead; it ripens, however, after being kept a day, and then the particles of the bread separate more easily, so that the digestive fluids can more readily come in contact with every portion of them. Hot yeast bread, rolls, biscuit, or muffins should never be eaten by persons of weak digestion, or by those who suffer from dyspepsia.

Some people find bread indigestible which is in the least sour; a little lime-water (a teaspoon for each loaf of bread) is sometimes used in mixing the bread; the lime-water being an alkali, neutralizes any acid which is generated during the process of fermentation. Soda is also sometimes used to correct the sourness in bread, but sourness can easily be avoided by proper care, and that is much the better plan.

Mixing Different Flours.—A mixture of $\frac{2}{3}$ wheat or rye flour and $\frac{1}{3}$ cornmeal makes a bread quite as nutritious as either all wheat or rye bread, and more digestible because the lessened quantity of gluten makes it less adhesive and more readily penetrated by the gastric juices.

Using Cornmeal.—In most dishes made with cornmeal the addition

of about 25% of wheat flour increases the adhesiveness of the mixture, and is an improvement.

Baking Powder Bread.—If bread runs short, a tin of baking powder biscuits or a baking powder loaf of bread can be quickly made, and, unless it is eaten too hot, there is no danger of dyspepsia, as bread and biscuits made in this way easily separate into particles. This can be readily demonstrated by putting a slice of each kind of bread on a platter and wetting them with cold water; the yeast bread can be taken up whole from the water, while that made with baking powder falls apart immediately. The baking-powder bread is more digestible because it thus separates more readily into particles, so that the digestive fluids can easily attack every part, while the other forms a solid, nearly impenetrable mass in the stomach. Other advantages of baking-powder bread are that none of the starch in the flour is consumed by the baking powder, as is done by yeast, and there are certainly no yeast germs in the bread when eaten.

Using Pastry Flour.—It is a generally safe rule to use pastry flour whenever baking powder is used, and patent flour with yeast. A mixture of $\frac{1}{2}$ spring wheat or pastry flour, and $\frac{1}{2}$ winter wheat or patent flour, gives good results in yeast breads, and by many is preferred to the patent flour alone.

Prepared flour, which has the baking powder already mixed with it, can be obtained at grocery stores, or a quantity can easily be prepared at home and kept on hand for use. The proportion is $2\frac{1}{2}$ to 3 teaspoons of baking powder to the quart of flour, taking care that it is well sifted in.

Adding Sugar and Potatoes.—In fermented bread it is best to add a little sugar—not enough to produce a very sweet taste, but merely enough to replace that which is decomposed by fermentation, and so restore its natural sweetness. Some people object to using sugar, but for the foregoing reason it is probably better to use a little. Adding potatoes to bread dough, which is sometimes done, is unnecessary with the best grades of flour, but with the inferior grades it improves the bread.

THE PRINCIPLES INVOLVED.—As the making of bread is the most important method of cooking grain food, let us examine the process a little and find the principles involved. Grinding the grain removes the indigestible bran, and by reducing it to a powder it vastly increases the surface exposed to the action of the water and yeast. The water when added causes the expansion of the starch cells, and it also gives an agreeable consistence to the bread after it is baked. Each grain of flour should be surrounded by a thin film of water; a white, powdery kernel of unmixed flour is sometimes seen in bread when this is not done.

Adding a little salt not only causes the dough to rise better in the oven, but probably it enables the albuminous matter to set more readily, and thus helps to prevent the inflated dough from collapsing before the baking is complete. It also

acts as a condiment and supplies the system with hydrochloric acid and soda which are insufficiently supplied by natural foods.

In leavened bread the dough is subjected to fermentation before it is baked, by introducing leaven or yeast. The yeast cells, which are very much smaller than the grains of flour and are dissolved in the water or milk, should be brought into contact with every part of the flour, and by the kneading, a small quantity of air is introduced which favors the subsequent fermentation. When the yeast is well mixed in, the action of fermentation is set up equally in all parts of the mass, but, if not well mixed, there will be an accumulation of gas in some places, and little or none elsewhere. After introducing the yeast the dough is set aside to ferment and it is put in a warm place because moderate heat stimulates the process—about 70° to 80° is right.

During the process of fermentation millions of small bubbles of carbonic acid gas are generated, and these bubbles permeate the mass. These bubbles of gas, being very light, naturally rise, but they are held in by the tough, elastic and sticky gluten, and so they lift the whole mass and cause it to "rise" or increase in bulk. If it was not for this adhesive gluten, the gas would readily escape without lifting the bread, and it is because cornmeal and oatmeal lack gluten, and so are not "sticky" enough, that they do not make good bread.

To have good bread, it should undergo 2 fermentations, (1) the *saccharine* (or sweet) fermentation, and (2) the *vinous*. It will smell a little like foaming beer in this stage. A third, or *acetous* fermentation would follow, but it should never be allowed to reach this stage. Should this happen, it can be remedied by adding 1 teaspoon of soda for each qt. of water or 4 qts. of flour used, because soda being an alkali, will neutralize any acid which has been generated, but the bread will not afterward be as healthful or nutritious. Bread raised but once is coarse of grain but sweet to the taste.

The risen dough is baked in an oven at a temperature varying between 320° and 572°; the alcohol and carbonic acid gas are expelled, the yeast germs are (or should be) destroyed by the heat, and various chemical changes are effected. The starch granules are mostly ruptured and intimately connected with the gluten, a portion of the starch near the surface is converted into *dextrin*, and a little *caramel* is usually produced.

It is this conversion of the starch into dextrin which makes the crust more easily digested than the center—a fact which some people do not understand. This turning of the starch to dextrin is the same thing which takes place when bread is toasted, as we have explained under toast. More of the starch is turned to dextrin in the crust than in the center because it is heated more. The evaporation of the water inside the loaf while baking, keeps down the temperature there to about 212°.

Some time before the cooking is complete the generation of carbonic acid gas will stop, but by that time a hard crust should be formed which will prevent the dough from falling. Flour mixed with water and baked, without being made to "rise" by using yeast or baking powder, would be solid and almost impenetrable by the digestive fluids, and therefore very indigestible, but the expansion caused by the carbonic acid gas separates the particles of gluten, and leaves the bread full of little holes, into which the digestive fluids readily enter, and so attack the bread in every part.

It will be seen that, as a result of the foregoing processes, bread differs in many important respects from the flour from which it is made. In leavened bread the albumen is coagulated, the starch cells are ruptured, a portion of the starch is turned to sugar, and part of that is decomposed into carbonic acid gas and alcohol, and part is turned to dextrin and maltose, and a little caramel is often produced. The alcohol generated by decomposing the sugar is all evaporated before the bread is fully baked.

YEAST.

THREE HOUR YEAST.—Take 1 cup of flour, $\frac{2}{3}$ cup of sugar, 3 tablespoons of salt; pour over this 1 pint of boiling water; let it cool, then add 1 cup of hop yeast. After this gets light, take 3 qts. of mashed boiled potatoes, and 3 qts. of warm water and add to the

other. It will be ready for use the next day. Then 1 qt. of this yeast and 1 qt. of warm water will make 6 loaves of bread. With this yeast, bread will rise in 3 hours and the bread can be baked the same day, which is quite an advantage.

HOP YEAST.—Take 1 qt. of water, steep a small handful of hops in it, and when it has boiled for a few minutes strain this water on 6 grated potatoes; then boil them until clear, say 20 minutes, stirring all the time; if the potatoes are large, and the paste becomes too thick, add a little more water; while it is boiling, stir in $\frac{1}{2}$ cup of sugar and a tablespoon of salt; when it has cooled so that it is luke-warm, add a teacup of yeast; let it rise over night, then stir it down, and put in the yeast jar; cover tightly and set it in the cellar. This yeast usually keeps 2 weeks in hot weather, and longer in cold. A coffee-cup of this yeast, and 2 qts. of warm water or milk, with a little salt, and lard or butter, will make 6 or 8 loaves of bread, according to the size of the pans.

POTATO BALL YEAST.—Take a pint of finely mashed boiled potatoes and have it as dry as possible; add 2 tablespoons of sugar, and 1 tablespoon of salt. Soak 1 fresh yeast cake in as little water as possible, and when the potato is cool add the yeast; mix thoroughly, and set it in a cool place for 2 or 3 days. When you wish to set bread to rise, have about as much fresh mashed potato, with sugar and salt added, as you took at first; mix this thoroughly with the first, then divide it in half; roll up one half in a ball for the next baking; add the other half to water sufficient for sponge for the bread.

MILK YEAST OR RISING.—Take 1 pint of new milk; in the morning add $\frac{1}{2}$ teaspoon of salt; stir in, and beat for $\frac{1}{2}$ minute, 2 tablespoons of flour; then place the pitcher in a kettle of warm water, and where it will keep warm, but not *hot* (about 110°). It takes about 5 hours for it to rise. Instead of milk, water is sometimes used, and then it is called salt-rising. Mix the rising with a quart of warm water and a little salt; make a stiff sponge, and let it rise again; then mold and put in the pans to bake.

YEAST CAKES.—Take common home-made yeast, and when the fermentation ceases stir in enough cornmeal to make a dough. Roll out, cut in squares, and dry thoroughly. Do not dry in the oven as the heat will kill the yeast germs; choose a dry day to make them, and dry in the shade rather than in the sun. Keep them where it is shady, but where the air circulates freely; they will keep indefinitely.

On examining yeast under a microscope it is found to consist of a collection of small oval cells, of a vegetable nature, known as yeast cells, or yeast plant. It is really a living plant, and if this was well understood many mistakes in its use could be avoided. Extremes of heat and cold kill it, and an unfavorable temperature will check its active growth, even though it may not be hot or cold enough to kill or prevent its growing in future under more favorable conditions. The better the food suits the yeast the faster it grows. Rough usage will also prevent its growth. Under favorable conditions it grows very fast, as much as will lie on a 25 cent piece will fill a cup in 1 or 2 hours. Given a little good yeast and any amount more can be grown. People talk about *keeping* yeast, but it is only kept as one year's corn is kept to be sown for the next year's crop.

Yeast as it grows converts into sugar some of the starch with which it comes in contact, and this sugar it decomposes into alcohol and carbonic acid gas, and it is to this action that it owes its value, because the carbonic acid gas thus formed will permeate the mass and cause it to "rise."

The yeast plant can live in a temperature ranging between 30° and 170°, but it thrives best between 70° and 80°.

Good yeast is yellow, or greyish yellow in color; the more brown it is the more dead germs there are. A blue line sometimes appears; it is due to mold, and bread made from such yeast will soon become moldy. Yeast with a pungent odor, and which is foamy and full of bubbles is good; if it has an acid odor and looks watery it has spoiled. Potato starch is the best for the growth of the yeast plant, and old potatoes are preferable to new for the reason that there is more sugar in them. If all the starch cells in the flour or potato used are broken by boiling, the yeast acts on them more readily.

Salt and sugar are added to aid the fermentation. The office of hops or ginger when used is to keep the yeast from souring, which they do by stopping the fermentation before all the sugar is decomposed into alcohol, and if too much is not used they give it a pleasant flavor. Tin or iron vessels may turn the yeast dark, but this can be prevented by mixing with a wooden spoon in an earthen vessel, and boiling the potatoes and hops in a non-metallic kettle, either granite or porcelain lined. Of the 3 kinds of yeast in common use—*liquid*, *dry* and *compressed*—each has its advantages, and any kind is good which makes good bread.

BAKING POWDER.

8 ounces cream of tartar.

4 ounces of corn-starch.

4 ounces baking soda.

Powder the ingredients and sift them together several times, as the chief danger of failure lies in not having them well mixed. This baking powder will do all that can be done by any baking powder on the market. The U. S. Department of Agriculture has *fully tested* and *recommends* this powder, their chemist saying in his report: "The consumer can pay full retail price for the ingredients and still make it up for about $\frac{1}{2}$ the price at which a good baking powder is sold, and if she makes sure of the quality of her cream of tartar, she will have an article of which the purity is assured I can see no reason why all housekeepers should not make their own baking powder."

Baking powder should always be mixed with the flour before adding the other ingredients.

The action of baking powder consists in the fact that when wet with water the alkali (soda) and the acid (cream of tartar) of which it is composed, will effervesce, and in so doing will give off carbonic acid gas; this operates in the same way as the gas generated by yeast—that is, it permeates the mass of dough and causes it

to "rise" or swell up. The action of the baking powder will soon be over, however, and if the bread or pastry is not baked at once, the gas which it generates will escape, the dough will settle down in a solid mass, and the whole value of the powder will be lost.

To succeed when using baking powder or soda 2 things are essential: (1) The baking powder (or soda and cream of tartar) must be thoroughly and perfectly mixed with the flour. (2) After the raising agencies have been wet so that they begin to work, push the operation rapidly to completion; and when all is ready bake without delay. After the soda and acid are mixed to form the baking powder they do not act on each other as long as they are kept dry; the only reason for adding starch or flour is to absorb moisture and keep them dry. As soon as they are wet the action begins.

Baking powder can be made by using only $\frac{1}{2}$ as much starch as we give in the above formula, or with even less; the powder will then be a little stronger, but it will not keep as well, so that for ordinary use we prefer the proportions there given. If you cannot get *pure* cream of tartar use tartaric acid instead, as that is less often adulterated. It answers the same purpose, but use only $\frac{1}{2}$ as much.

People as a rule will not tire of yeast bread as quickly as they will of soda bread, and inferior materials can be used with yeast better than with baking powder.

BREADS.

The Time to Bake Bread is $\frac{2}{3}$ to 1 hour, but it is better to bake 10 minutes longer than not enough.

WHITE BREAD.

Take $1\frac{1}{2}$ quarts of milk and scald it till the top is covered with a thin skin, by setting it over a good fire in a double boiler; then pour it out and let it cool after adding 1 oz. butter; now add 1 cake compressed yeast dissolved in 1 cup lukewarm water. After it has cooled, add 1 tablespoon of salt, and about $1\frac{1}{2}$ quarts of flour (or enough to make a good batter) and for 5 minutes beat energetically; then set it in a warm place to rise over night, covering it with a cloth. The next morning early, while it is still in the bowl, work in with the hand about 4 pints of flour (or enough to form a good dough); then take it out on to the bread-board and knead 15 or 20 minutes. Sufficient kneading is essential to the quality of the bread, so work it till the dough is soft and the gas thoroughly distributed through it. Then put it back in the bowl and set it in a warm place till it becomes quite light (about 3 hours probably). Shape into loaves and put into the pans, and bake when risen, pricking with a fork to let out any gas within the loaf. Time to bake, 50 to 60 minutes.

WATER BREAD.

Mix together $1\frac{1}{2}$ quarts of bread flour and 1 teaspoon of salt; rub in 1 teaspoon of butter until fine like meal. Soak a whole yeast cake

in $\frac{1}{2}$ cup of lukewarm water, and mix the liquid with the dry mixture; add enough more flour to make it stiff enough to knead, and, when well kneaded, place it in a bowl, cover it well and set it to rise for 3 hours; then cut it down, shape into loaves, place in buttered pans, let it rise again, and bake about 50 minutes. If the bread is set to rise at night, use $\frac{1}{4}$ of a yeast cake, but, as we elsewhere explain, the latest investigations point to a quick rising as best.

ENTIRE WHEAT BREAD.

Scald 1 pint milk, add $\frac{1}{2}$ cup sugar and 1 teaspoon of salt; after it has cooled, add 1 yeast cake dissolved in $\frac{1}{4}$ cup of lukewarm water, and $4\frac{1}{2}$ cups of fine granulated wheat; mix well with a broad knife or spoon; cover, and set it to rise for about 3 hours, or until it doubles its bulk; then cut it down, turn it into buttered pans, let it rise again, and bake about 50 minutes. Whole or entire wheat bread is mixed soft, or only stiff enough to handle with a spoon or knife. Entire wheat bread is more crumbly than white wheat bread.

ENTIRE WHEAT BREAD No. 2.

Take 4 even cups of entire wheat flour, and 1 cup plain white flour (before sifting), $\frac{1}{2}$ of a compressed yeast cake (dissolve it in lukewarm water), 1 tablespoon of butter (before melting), $\frac{1}{4}$ cup of molasses; stir in lukewarm milk and water to make it less stiff than for white bread; beat and stir, but do not knead it; turn into a greased baking-pan, let stand till light, and bake nearly an hour.

ENTIRE WHEAT BREAD WITH BAKING POWDER.

Take 2 pints flour, 3 teaspoons baking powder, 1 saltspoon of salt; mix thoroughly, and then stir in 2 cups cold water; turn into a well greased baking-pan and bake 1 hour.

HALF AND HALF BREAD.

A very nice bread is made by using 3 cups each of white flour and granulated or entire wheat flour; add the other ingredients and mix as directed in the last recipe.

Entire wheat is sometimes called graham, but is not exactly the same, as it has all the nutritive part of the grain without the silica in the bran, which is like powdered glass, and often irritates the stomach and intestinal canal. Always buy the best graham and entire wheat, as the cheaper grades may be siftings mixed with third rate flour. Before measuring entire wheat flour, sift it, not to remove the bran, but to make it lighter; if unsifted, the measurements will not be accurate. If graham or entire wheat bread is moistened with molasses, do not set it to rise over night, for you will then surely have an acetous fermentation. As entire wheat flour is much more nutritious than clear white flour, its more extended use is very desirable.

MILK BREAD.

Take 2 cups scalded milk, in which melt 1 tablespoon butter; add

1 teaspoon salt and 1 tablespoon of sugar; when cool add $\frac{1}{2}$ cup yeast, and stir in just flour enough to knead it well—about 6 to 7 cups. Knead well, cover, let rise till light; cut down, divide into 4 parts, shape into loaves or biscuit, put into pans, let rise again, and bake. Time to bake, 40 to 50 minutes.

BAKING-POWDER BREAD.

Sift together thoroughly 1 quart flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon sugar, and 2 heaping teaspoons baking powder. Then add enough water to make a stiff dough (about 2 cups, more or less, according to the flour) and stir it together quickly with a large spoon; then turn it immediately into a well greased, brick-shaped baking-pan, and bake at once for $\frac{3}{4}$ hour in a hot oven, covering with paper the first $\frac{1}{4}$ hour, to prevent its crusting over too soon. Have the oven heated right before beginning to mix the bread, and have the pan greased and ready.

ONCE-RAISED BREAD.

Have the bread-bowl warm, if it is an earthen one, and the weather cold; put a piece of butter in it the size of an egg, and a tablespoon of salt; then pour over it a qt. of hot milk and water; stir cold flour into it, until it is a batter that can be beaten with a spoon, and beat well for a minute; then add a cake of compressed yeast mixed with a little cold water. The batter at this time should be lukewarm; wait a little for it to cool if it is too hot, but the cold flour usually makes it just right; beat in the yeast another minute, then place a pan of flour on the back part of the stove, put both hands in it and stir constantly from the bottom of the pan, until the flour feels warm all through; then stir into the batter enough to make a stiff dough—cutting in the flour with the spoon—do not knead it; put a little flour on the top and press it down flat all around the spoon with the back of the fingers. Set the bowl or pan over a kettle or tin pail of hot water on the cooking table, cover with a cloth, and let it rise up light, which will be in 3 hours; stir down once, let it come up again, take it on the molding-board, with a little flour, and knead 10 minutes; make in 3 small loaves, let them rise to twice their former bulk, and bake nearly an hour. Bread mixed in this way, as late as 10 o'clock, will be out of the oven by 3 in the afternoon, making a delicious bread with little trouble.

MILK, OR SALT RISING BREAD.

Early in the morning (the earlier the better) mix in a pitcher a pint of warm water, or $\frac{1}{2}$ water and $\frac{1}{2}$ new milk, with flour enough to

make a thin batter. Put the pitcher in a kettle of warm water, and keep it at an even heat—about 70° to 80°. Cover the pitcher with a saucer, and in about 5 hours it will begin to rise (not frothy, like hop yeast, but with very fine bubbles); then add 1 qt. water with a little more salt, and mold in flour to make a soft dough, and put it in 3 brick-shaped baking-tins to rise. When it has risen to nearly twice its bulk in the pans, it is ready to bake. This bread requires great care in making, and much time. It gives off a disagreeable gas while rising, but that is all driven off in the baking, leaving a fine-grained, most delicious bread.

BUTTERMILK BREAD.

Take 2 cups sour buttermilk, warm it, and add 1 cake of yeast and 1 teaspoon soda (scant); add 2 teaspoons sugar, 1 teaspoon salt, 1 tablespoon butter and form to a soft dough with warm flour; knead well, let it rise, knead again, put in greased tins, let rise and bake about 1 hour,

BROWN BREAD.

2 cups cornmeal.	1 cup graham flour.
1 cup milk.	1 teaspoon soda.
1 cup rye meal.	1 cup molasses.
1 cup water.	A little salt.

Bake 2 hours in a covered tin.

BROWN BREAD No. 2.

2 cups sweet milk.	4 cups cornmeal.
1 cup molasses.	2 teaspoons salt, scant.
2 cups sour milk.	2 cups flour.
½ cup sugar.	2 teaspoons soda.

Steam 3 hours, and bake $\frac{1}{2}$ hour.

BROWN BREAD No. 3.

3 cups sour milk.	1 teaspoon soda.
2 cups cornmeal.	1 cup graham flour.
½ cup molasses.	A little salt.

Steam 3 hours and bake $\frac{1}{2}$ hour. If the milk is very sour, use $\frac{1}{2}$ sweet milk.

BROWN BREAD No. 4.

1 cup sour milk.	$\frac{3}{4}$ cup wheat flour.
2 cups graham flour.	2 tablespoons brown sugar.
1 teaspoon salt.	1 large teaspoon soda.
½ cup molasses, scant.	

Steam $2\frac{1}{2}$ hours, and bake $\frac{1}{2}$ hour in a slow oven.

BOSTON BROWN BREAD.

Take 1 cup each of cornmeal, rye meal and graham meal; mix all

three together; mix in 1 cup molasses, 3 cups rich sour milk, 1 dessertspoon soda, 1 teaspoon salt. Put it in a covered pail, leaving room for it to rise, set it in a kettle of cold water, putting a ring under the pail to keep it from burning; boil 4 hours, and do not once let the water stop boiling, and do not remove the cover till done.

BOSTON BROWN BREAD No. 2.

Take 2 cups cornmeal, and the same of either rye or graham flour; sift together with 1 teaspoon salt; add 1 cup molasses, $\frac{2}{3}$ cup sour milk or cream, 1 teaspoon soda (dissolved in a little boiling water); mix all well and add $2\frac{1}{2}$ cups cold water; pour into a well greased pan and steam 4 hours. It will look thin when ready to steam, but will come out all right.

CORN BREAD.

Warm 1 pint of milk, stir in enough cornmeal to make a thin batter, add $\frac{1}{2}$ cup shortening, 3 eggs, 1 heaping teaspoon of baking powder; heat the tins it is to be baked in, and bake quickly. It is splendid, and bakes promptly. As a rule corn bread requires a longer time to bake than either graham or wheat bread.

CORN BREAD No. 2.

Mix $\frac{1}{2}$ cup cornmeal with 1 cup white flour, and add 1 teaspoon salt. Beat together till light, 1 egg and 2 tablespoons sugar; add 3 tablespoons melted butter, and $\frac{2}{3}$ cup sweet milk; then stir in the above flour mixture, beat smooth and add 2 teaspoons baking powder. Put into greased pans, and bake $\frac{1}{2}$ hour in a moderately quick oven.

STEAMED CORN BREAD.

Take 2 cups sour milk, 2 cups cornmeal, $\frac{1}{2}$ cup white flour, 4 tablespoons molasses, 2 teaspoons soda, a little salt; steam $1\frac{1}{2}$ hours, and bake $\frac{1}{2}$ hour.

WHITE CORN BREAD (*Southern*).

2 cups white cornmeal.	1 teaspoon salt.
1 cup white flour.	1 teaspoon sugar.
1 tablespoon baking powder.	Butter size of an egg.

Use milk or water to make a soft dough; bake in a loaf, or if preferred, in shallow baking-tins.

KENTUCKY EGG CORN BREAD.

Take 2 pints cornmeal, 3 cups buttermilk, 1 or 2 eggs, 1 teaspoon soda (scant), 1 teaspoon salt, 1 tablespoon lard; mix well, and bake quickly.

RICE BREAD.

Boil 1 lb. rice till tender in water or milk (milk is best) and mash it; then with the hands, rub the rice into 4 lbs. flour, in the same manner that butter is rubbed in, mixing it thoroughly; add 3 teaspoons sugar, 1 tablespoon salt, and 1 cake compressed yeast dissolved in 2 pints lukewarm milk or water, have the dough soft to the touch, knead thoroughly, and let it rise, then knead again thoroughly, form into loaves, put into greased pans, let rise, and bake in a good oven. Excellent, especially if made with milk.

CAROLINA RICE BREAD.

Take 3 well-beaten eggs, add 3 cups sweet milk, 2 cups white corn-meal, $\frac{1}{2}$ pint cold boiled rice; 1 tablespoon butter, melted, 1 teaspoon salt; beat together well, and add 1 tablespoon baking powder; mix all thoroughly, put in greased pans, and bake $\frac{1}{2}$ hour.

GRAHAM BREAD.

3 cups sour milk.	1 cup molasses.
2 teaspoons soda.	1 egg.
1 teaspoon salt.	

Graham flour to make a stiff dough; bake slowly.

GRAHAM BREAD No. 2.

Make a stiff batter of 1 cup warm water thickened with graham flour; add to it $\frac{1}{2}$ cup of yeast; let it rise over night; in the morning add a small piece of butter, $\frac{1}{2}$ cup sugar, and wheat flour to mold; put it in well greased pans, let it rise, and bake slowly 1 hour. Graham bread bakes slower than white bread.

GLUTEN BREAD.

Scald 2 cups milk and add, when lukewarm, 1 teaspoon salt and $\frac{1}{2}$ cup good yeast; make it to a thick batter by adding gluten flour, and beat thoroughly; add the well beaten whites of 2 eggs, and enough flour to make a soft dough. Knead (without adding more flour), let stand until light; turn into well greased pans, let rise again, and then bake in a moderate oven $\frac{3}{4}$ hour.

OATMEAL BREAD.

Boil 2 cups oatmeal as for porridge, add $\frac{1}{2}$ teaspoon salt, and when cool, $\frac{1}{2}$ cup molasses, and $\frac{1}{2}$ a yeast cake or $\frac{1}{2}$ cup yeast; stir in enough wheat flour to make as stiff as it can be stirred with a spoon; put it into 2 well greased tin pans, and let stand in a warm place till very light; bake about $1\frac{1}{4}$ hours. Do not cut until the day after it is baked. This will make delicious thin slices; butter each slice before cutting it from the loaf, and then cut as thin as possible with a very sharp knife.

BREADS

RYE BREAD.

Bread made of bolted rye flour is made in the same manner as white wheat bread; that made from rye meal is made according to recipes for graham bread. Rye bread is often made with 4 parts rye flour, 1 part cornmeal, and a handful of wheat flour. It should bake 2 or 3 hours in a slow oven; or steam it 2 hours, and then bake 1 hour.

PUMPKIN BREAD.

Make a plain corn-bread batter; beat into it 1 cup of stewed pumpkin (that left from dinner will do). Bake in either the bread pan or in gem tins.

SQUASH BREAD.

Take 1 cup stewed and sifted squash, and mix in 2 tablespoons of sugar and 1 teaspoon salt; melt 1 tablespoon butter in $1\frac{1}{2}$ cups scalded milk, and when lukewarm, add $\frac{1}{2}$ cup yeast, and flour enough to knead; knead $\frac{1}{4}$ hour, let rise till light; knead again, put it into greased tins, let rise again, and bake.

UTILIZING STALE BREAD.

- (1) Bread crumbs can be utilized in so many ways that every piece of stale bread and the ends of loaves should be saved and prepared for use in the various dishes which call for bread crumbs.
- (2) Put the stale bread on a baking-tin, and set it on the shelf in the oven where it will dry and slightly brown; when thoroughly crisp, place it on the molding-board, roll it finely, and keep it in a jar well covered. These are *dried bread crumbs* and should not be used for scalloped dishes or bread puddings, as they absorb so much moisture.
- (3) Stale bread crumbs can be made into griddle cakes; or used in an omelet; or used with stewed tomatoes, and in many ways.

Steamed Stale Bread.—When bread or biscuit become very dry they may be steamed a few minutes, which will make them very palatable. Stale pieces can be freshened by dipping them in water, and putting them for a few minutes in a moderately hot oven. A stale whole loaf can be freshened in this way without first dipping in water, although many cooks are not aware of it; for this purpose the oven should not be too hot—say 260° to 300° is best. The steam which is generated opens out the pores which had shrunk together. Or put a stale loaf in a deep pan, cover with another pan, and set in a moderate oven 20 minutes; then take from the pan and set on end to cool; it will cut like a fresh loaf.

BISCUITS.

Time to Bake Biscuits, about 10 to 20 minutes:

BAKING-POWDER BISCUITS.—Have the oven hot to begin with, then rub a piece of butter the size of an English walnut into a cup of flour, and butter your baking-tins. Next put a level teaspoon of salt, and two heaping teaspoons of baking powder in the flour, and stir it well. Up to this time you can work leisurely, but from this onward, work as fast as you can “fly.” Add a cup of sweet milk, stir it, and add enough more flour to make a soft dough; take it out onto the molding-board, and form it quickly into a round mass; cut it in 2 parts, then 4, then 8; give the pieces just a roll in the floured hands, put it in the tin, and bake 8 or 10 minutes. The oven should brown them top and bottom in that time. Everybody likes them.

CREAM BISCUIT.—To 1 quart of flour use 2 teaspoons baking powder a pinch of salt, and rich sweet cream to make a soft dough. Bake in a quick oven.

BEAT BISCUIT.—Take 2 quarts of flour, 1 teaspoon salt, 1 tablespoon of butter and 1 tablespoon of lard rubbed in the flour; mix to a stiff dough with water. Beat with the rolling-pin until perfectly light, turning and folding as you work; do not cut the dough, but break off pieces and form into little biscuits, and bake in a quick oven.

ENTIRE WHEAT BEAT BISCUIT.—Take 1 quart whole wheat flour, 3 rounded tablespoons lard, 4 tablespoons sugar, 1 teaspoon salt, 1 cup each of water and milk; mix thoroughly, lay it on the molding-board, and beat with the rolling-pin until it ceases to be sticky; roll out, cut into biscuits (be sure and thoroughly prick each one), and bake $\frac{3}{4}$ hour in a moderate oven.

For Wafers take some of the dough so prepared, roll thin, butter it, beat again, roll very thin, cut out, and bake.

RAISED BISCUIT.—Set a sponge of 2 cups milk, a little salt and $\frac{1}{2}$ cake compressed yeast, and let it rise; beat butter the size of an egg with 2 tablespoons sugar and 1 egg; stir them into the sponge, adding flour to make a stiff batter; stir well, let it rise, and when light, take dough enough with a spoon for each biscuit, work lightly into shape, put in a pan, let rise, and bake.

MILK BISCUIT.—Rub $\frac{1}{2}$ lb. butter and 1 saltspoon of salt into $2\frac{1}{2}$ lbs. flour; add 1 cup yeast and enough boiled milk (have it

(lukewarm when used) to make a tolerably stiff dough; knead well, let it rise over night, knead again in the morning, put into greased tins, let rise, and bake in a quick oven.

BUTTERMILK BISCUIT.—Sift 4 cups flour, add 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, and rub in one tablespoon lard, and 1 tablespoon butter; make into a soft dough with buttermilk, roll out, cut out, and bake quickly.

DROP BISCUIT.—Take 1 cup milk, 1 level teaspoon salt, 1 tablespoon baking powder stirred into 1 cup flour; beat all together, and add enough flour to make a stiff batter. Drop in spoonfuls on a buttered tin and bake quickly in a hot oven.

Drop Biscuit No. 2.—Take 1 quart flour, add 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 3 heaping teaspoons baking powder, and milk sufficient to form a stiff batter. Drop in spoonfuls on a buttered tin, and bake in a very quick oven.

SHORTCAKE BISCUIT.—To 4 cups flour use 1 large tablespoon butter, a little salt, 3 teaspoons baking powder (heaped), and milk enough to roll out as soft as possible.

SODA BISCUIT.—Into 4 cups sifted flour sift 1 teaspoon soda, 2 teaspoons cream tartar and 1 teaspoon salt; rub in with the hand 1 tablespoon lard or butter; make it into a soft dough with sweet milk.

GRAHAM BISCUIT.—Use 2 cups graham flour, 2 cups wheat flour, 1 tablespoon butter, 2 tablespoons molasses, 1 teaspoon soda, 2 teaspoons cream of tartar (or 3 teaspoons baking powder instead), a little salt; sift the last 3 ingredients into the wheat flour, add the graham flour, rub into the butter thoroughly, moisten with milk or water to make a dough just stiff enough to roll out; roll thin, cut in small cakes, and bake in a quick oven. Double this recipe if the family requires it.

TUTTI FRUTTI BISCUIT.—Mix bits of fruit liberally into the dough of common soda biscuit before baking it, as fruit is put into cake; very nice. Tea rolls are nice with fruit put in in the same way.

BUNS, RUSKS, ROLLS, ETC.

BUNS.

Time to Bake, 20 to 30 minutes.

PLAIN.—Use 1 quart flour, 1 large cup warm milk, $\frac{1}{4}$ cup butter or lard, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ a grated nutmeg, $\frac{1}{2}$ a yeast cake (or $\frac{1}{2}$ cup yeast), 2 eggs; dissolve the butter in the milk, beat

the eggs separate, add all to the flour; the dough should be very soft; knead well, let rise over night, and in the morning break into pieces the size of a large egg, work them into rather flat cakes, put them on a buttered pan, about $\frac{1}{2}$ inch apart, let rise to double size, then cut a cross on top of each bun (not too deep) with a sharp knife, and bake in a moderate oven about 25 minutes.

ENGLISH BUNS.—Use $\frac{1}{2}$ teacup butter rubbed into 1 pint flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup Zante currants washed and dried, 1 level teaspoon salt, 2 cups new milk, $\frac{1}{2}$ cup good yeast; mix all together, and add enough flour to mold into a soft dough, let rise till light, mold down again, keeping the dough as soft as possible, roll out, and cut with a biscuit cutter. Let them rise till very light in the baking-tins, and bake until they are a nice yellowish brown on top and bottom—about 25 minutes. Brush them over to glaze with a little sugar and milk mixed, and return to the oven till the glazing dries.

CINNAMON BUNS.—Rub $\frac{1}{2}$ teacup butter into a coffee cup of flour; add a little salt, and a heaping teaspoon of baking powder; then add a coffee cup of sweet milk, and enough flour to roll out into a large thin sheet. Spread with soft butter, sprinkle with sugar and cinnamon, roll up, and cut into buns. Bake about 20 minutes.

RUSKS.

Time to Bake, 20 to 30 minutes.

PLAIN.—Into 1 quart of flour rub a piece of butter the size of a large egg; beat 2 eggs well, add 2 cups warmed new milk, flavor with a little cinnamon, and add $\frac{1}{2}$ teacup of fresh yeast; mix thoroughly with the flour, but do not mold; let it rise, and add a little more flour if too thin to mold, cut in pieces the size of biscuits, knead each one separately, place in a buttered pan, let rise till quite light and bake.

BAKING POWDER RUSK.—Sift 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, and 1 tablespoon baking powder into 3 cups flour, and then rub in 2 tablespoons cold lard; add 2 well-beaten eggs, 2 cups sweet milk, 1 teaspoon each cinnamon and nutmeg extract; mix into a dough soft enough to handle, and turn out on the molding-board; turn quickly once or twice to smooth it, break off pieces about the size of an egg, roll into small balls with the hand, and lay close together in a well greased baking-tin. Wash over the top, to glaze it, with a little milk and melted butter mixed; bake $\frac{1}{2}$ hour in a moderate oven. Sift fine white sugar on top when cold.

BRIOCHES.

Dissolve $\frac{1}{2}$ a yeast cake in $\frac{1}{2}$ teacup of lukewarm water; mix

with enough flour to make a thick sponge, cover with a cloth, and let rise in a warm place till it doubles in bulk; then add $\frac{1}{2}$ teacup milk, 5 eggs, 1 saltspoon salt, and $\frac{1}{2}$ lb. dissolved butter; beat all together well, add flour to make a dough, and let rise again 1 to $1\frac{1}{2}$ hours; then turn on to the molding-board, flour as little as possible, and roll the sides over into the middle several times. Then form into tiny loaves, laying 1 flattened ball of dough onto a little larger loaf, making an indentation for it in the center of the lower one with the thumb. Brush over with white of egg, and bake in a quick oven—about $\frac{1}{4}$ hour.

ROLLS.

Time to Bake rolls, 10 to 20 minutes.

FRENCH ROLLS.—Rub 1 ounce butter in 1 quart flour; mix in 1 beaten egg, a little yeast, and as much milk as will make a rather stiff batter; beat well, but do not knead, let rise, and then bake in tins. Very nice.

COFFEE ROLLS.—Take 1 quart of light dough, mix in 1 tablespoon of lard and $\frac{1}{2}$ cup of sugar; then roll thinner than biscuit, spread with butter, sugar and cinnamon, and sprinkle a little flour over. Roll up 2 turns and cut off, standing them on end in the tin; let rise, and bake in a quick oven.

GRAHAM ROLLS.—Mix 4 cups graham flour with enough milk to make a stiff batter; add $\frac{1}{2}$ cup good yeast and let rise over night; in the morning add 1 large tablespoon sugar, 2 eggs, butter size of an egg, $\frac{1}{4}$ teaspoon soda, and a little salt; put it in cups and let stand 20 minutes before baking.

PARKER HOUSE ROLLS.—Make a hole in 2 quarts of flour, and pour in 1 pint of milk which has been boiled and $\frac{1}{2}$ cup butter or lard melted in it and allowed to cool; add $\frac{1}{4}$ cup sugar, 1 teaspoon salt, and $\frac{1}{2}$ cup good yeast; let it stand over night without mixing; in the morning, mix and knead; let rise till after dinner, when knead again, roll $\frac{1}{2}$ inch thick, cut out, and let rise till baked. Bake about $\frac{1}{4}$ hour.

CRACKERS.

PLAIN.—Into 2 quarts flour rub well with the hand 1 cup butter, and 1 teaspoon salt; wet with cold water, beat thoroughly with the rolling-pin, and work in flour enough to make quite brittle and hard; then pinch off pieces, and if you want them to look like baker's crackers, roll each piece separately.

CORN-STARCH CRACKERS.—Sift together 3 cups flour, 1 cup corn-starch, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, and 1 teaspoon baking powder; rub into this 1 tablespoon lard, and add 1 cup sweet milk, mixing it to a smooth dough; slightly flour the bread-board, turn out the dough, and get it into smooth and even form with as little kneading as possible; then spread a clean towel over it and let it stand 10 minutes. Then roll very thin with the rolling-pin, cut with the cutter, prick with a fork, and put them on a greased baking-tin; wash the top of the crackers over with milk, and bake 8 minutes in a very hot oven. These make a delightful accompaniment for salads.

GRAHAM CRACKERS.—Sift 1 heaping teaspoon baking powder and 1 even teaspoon salt into 4 cups sifted graham flour; rub in $\frac{1}{2}$ cup butter or lard, and make into a stiff dough with sweet milk or cold water; knead 10 minutes, using white flour to prevent its adhering to the board; roll thin, cut in squares, and bake in a moderate oven.

TO FRESHEN CRACKERS.—Stale crackers may be freshened by putting them in the oven for a few minutes. It is not necessary to moisten them.

GRAHAM DIAMONDS.

To 4 cups graham flour add 1 teaspoon salt, 1 teaspoon sugar, and pour on boiling water to scald thoroughly; work into a soft dough, roll out $\frac{1}{2}$ inch thick, cut into diamonds with a sharp knife, and bake 30 minutes in a quick oven, or till crisp.

JOHNNY CAKE, PONES, ETC.

JOHNNY CAKE.

Time to Bake, 20 to 30 minutes.

Use 1 cup sour milk, 3 tablespoons molasses, 1 egg, $\frac{1}{2}$ teaspoon soda; add cornmeal sufficient to make a thin batter.

POTATO JOHNNY CAKE.—To 2 cups finely mashed potatoes add 2 cups flour in which has been mixed $\frac{1}{2}$ cup of lard; add milk enough to mix, and $\frac{1}{2}$ teaspoon salt; roll out and bake in a well heated oven. Butter and eat hot.

Johnny Cake, No. 3.—Use 1 egg, $\frac{1}{4}$ cup sugar, a little salt, 1 cup milk, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda, 1 cup cornmeal, 1 cup white flour; bake in a shallow pan in a quick oven.

Fruit with Johnny Cake.—Dried fruit, such as raisins, currants, etc., added to johnny cake, is a pleasant addition for a change.

CORN AND GRAHAM JOHNNY CAKE.

3 good cups cornmeal.	3 tablespoons melted butter.
2 good cups graham flour.	2 heaping teaspoons soda.
1 good cup white flour.	1 good teaspoon salt.
3 eggs.	1 quart sour milk (part of which may be sour cream if it is to be had).
$\frac{1}{2}$ cup molasses.	

SPIDER CAKE.

This, as the name implies, is baked in a spider, or short handled frying-pan. Beat 2 eggs very light, add 1 cup sour milk, and 1 cup sweet; stir into this 2 cups cornmeal, and a handful of flour, 1 tablespoon sugar, and 1 teaspoon each of salt and soda; mix, and beat thoroughly, and then pour it into the spider, which should be already hot and well greased. After the butter is in the spider, pour over it 1 cup sweet milk, but *do not stir it into the batter*. Bake in a hot oven $\frac{1}{2}$ hour. Take it from the pan onto a plate, being careful not to break it.

RICE SPIDER CAKE.—Use 1 cup boiled or steamed rice, 1 cup yellow cornmeal (the granulated is best), 2 cups sweet milk, 1 tablespoon sugar, 1 tablespoon baking powder, and 1 level teaspoon salt; mix all thoroughly, and add at least a handful of flour. After beating in the flour, put the batter in a hot buttered spider, or short handled frying-pan, and bake in a hot oven $\frac{3}{4}$ hour. The batter must be thin enough to “run” a little, but not as soft as for griddle cakes. If needed to make it thinner, when the flour is added, put in a little more milk; if too thin add a little more flour.

FLORIDA CORN CAKE.

1 egg.	1 teaspoon sugar.
1 cup milk or water.	2 cups white cornmeal.
1 tablespoon salt pork fat.	1 tablespoon baking powder.
1 teaspoon salt.	

Mix all thoroughly, and bake in 2 thin cakes.

CORN PONE.—Into 2 cups of corn-meal mix 1 teaspoon of salt and 1 teaspoon sugar; scald with 2 cups boiling water, and let stand till it swells and becomes lukewarm; then add a $\frac{1}{2}$ oz. cake of compressed yeast dissolved in a little cold water; if too stiff reduce it with warm water to a consistency sufficient to retain its form; then put it in the baking-pan, let rise 4 or 5 hours, and bake in a moderate

oven till thoroughly done. Pone should be eaten fresh and warm, but is very nice toasted, after it is a day old.

FLORIDA PONE.—Mix 1 tablespoon of baking powder and 1 teaspoon salt, into 2 cups of white cornmeal. Mix with sufficient water to make a thick batter, and beat in a tablespoon of hot salt pork fat. Make in a thin cake, and bake until well browned. Delicious with meat.

HOE CAKE.—Into a mixing-bowl put 4 cups white cornmeal and one teaspoon salt; make it to a stiff batter with hot water, stirring it all the time. Have a pan of cold water ready, moisten the hands, and then with the hands press a tablespoon of the batter into a round, thin cake. Bake on a griddle over the fire, or on an oak board before an open fire, thoroughly baking first one side and then the other. Pull apart when done, butter, and serve hot.

BAKED BUCKWHEAT CAKES.—Mix in the mixing-bowl $\frac{2}{3}$ cup buckwheat flour, 1 cup white flour, and 1 heaping teaspoon baking powder; add $\frac{1}{2}$ cup light brown sugar, 1 egg well beaten, and 3 tablespoons melted butter or lard; mix all together well, and add enough sweet milk to make a batter that will pour and spread slowly, but not as thin as for griddle cakes; *bake* in a deep tin in a rather hot oven, allowing plenty of room for it to rise. Eat hot with butter. Try this once and you will be surprised at its quality. By using cornmeal instead of the buckwheat a fine corn cake is made.

CORN DODGERS.—Into a mixing-bowl put 1 pint white cornmeal; scald by adding just enough boiling water to moisten the meal, stirring it all the time; work in 1 tablespoon butter or lard, and when cool add 1 well-beaten egg, 1 teaspoon salt, and 2 tablespoons milk; mix well, put by spoonfuls into a large, well greased baking-pan, and bake brown on both sides.

INDIAN BANNOCK.—Mix 1 cup boiling milk, $\frac{1}{2}$ pint cornmeal, 1 teaspoon each of salt and sugar; when partially cooled, add 2 eggs, beaten separately; bake in a very hot oven in a shallow earthen dish; serve like a pudding, in the dish it is baked in.

GREEN CORN PATTIES.—For every cup of grated green corn allow 1 egg, $\frac{1}{2}$ cup of milk and 1 cup of flour; 1 teaspoon of baking powder should be well mixed with the flour. Stir all together until well mixed, then bake in buttered patty-pans. This recipe can be doubled, if the family to be served requires it.

GEMS, MUFFINS, SCONES, ETC.

Time to Bake, $\frac{1}{4}$ to $\frac{1}{2}$ hour.

WHEAT GEMS.—Beat 1 egg light, add 2 cups milk and 1 tea-spoon salt, and gradually beat it into 2 cups wheat flour; put it into hot, well greased gem-pans, and bake about 20 minutes.

Wheat Gems No. 2.—Use 2 cups sweet milk, 1 tablespoon butter 2 teaspoons baking powder, 1 teaspoon salt; flour to thicken.

GRAHAM GEMS.—Use 2 cups sour milk, 3 cups graham flour $\frac{1}{2}$ teaspoon soda; beat together a few minutes, drop it into hot greased, gem-pans, and bake in a quick oven 10 or 15 minutes.

MUFFINS (*White Flour*).

$\frac{1}{2}$ cup sugar.	2 teaspoons baking powder.
$2\frac{3}{4}$ cups flour.	1 cup milk.
2 eggs.	Butter the size of an egg.

Bake in cups, or hot gem-pans.

Muffins No. 2.—Into 3 cups flour sift 3 teaspoons baking powder, and a little salt; add 2 eggs and 2 cups milk; bake in a hot oven in rings or gem-tins.

TEA MUFFINS.—Work butter the size of an egg into 2 cups flour; add $\frac{1}{2}$ teaspoon salt, 2 tablespoons of sugar, and 2 even teaspoons baking powder, and stir together thoroughly; beat 1 egg, add to it 1 cup milk, mix it with the flour quickly, and bake in a hot oven. This will make 1 cake in a brick-shaped baking-pan; then cut in squares with a hot knife.

BUCKWHEAT MUFFINS.—To 1 pint of sour milk and cream mixed, add 1 even teaspoon each of salt and soda, and make a stiff batter with buckwheat flour. Bake in a square tin, in a hot oven, about $\frac{1}{2}$ hour; cut in squares, and serve hot, with fried salt pork, and milk gravy made in the fat. This can also be made with the prepared buckwheat flour, by making a stiff batter with sweet milk, salt and shortening; put in a hot gem-pan, and serve with butter, or milk gravy. A good breakfast dish.

GRAHAM MUFFINS.

3 cups graham flour.	2 teaspoons baking powder.
1 cup white flour.	1 teaspoon salt.
2 tablespoons sugar.	

Mix all together. Then take a piece of butter the size of an egg and put it into 1 pint of sweet milk; set it on the stove until the butter is melted; when cool, mix all together with 2 eggs, and bake.

GRAHAM MUFFINS No. 2.

2 cups graham flour.	1 tablespoon melted shortening.
1 cup white flour.	1 tablespoon sugar.
2½ cups sour milk.	1 tablespoon soda. Salt.

CEREALINE MUFFINS.—Take 1½ cups flour and sift in 1 teaspoon salt, 1 tablespoon of sugar and 2 teaspoons baking powder. To 1 well beaten egg add ½ cup cold milk. Into 1 cup hot milk stir 1 cup of cerealine and add 2 teaspoons of butter. Stir all together, beat well, put into well buttered pans, and bake in a quick oven. Time to bake, about 30 minutes.

CORNMEAL MUFFINS.—Use 1 egg, 1 cup sweet milk, 2 cups granulated yellow cornmeal, 1 cup white flour, 1 level teaspoon salt, butter size of an egg, 2 teaspoons baking powder. Butter the gem-pan and have it hot before putting in the batter; bake ½ hour in a hot oven.

Cornmeal Muffins No. 2.—Use 1 egg, 1 teaspoon sugar, 1 cup cornmeal, 1 cup flour, 2 teaspoons baking powder, ½ tablespoon butter, ½ teaspoon salt, milk to make a stiff batter.

RAISED MUFFINS.—To 2 cups scalded milk, add butter or dripping the size of an egg, and 1 teaspoon salt; when lukewarm add ¼ of a yeast cake dissolved in ½ teacup warm water, or ½ teacup of liquid yeast; add 1 egg and about 4 cups flour, or enough to make a batter that will drop easily, remembering that it is thinner after rising. Beat all well together, let rise till light, and bake in buttered muffin rings on a griddle, or in a gem-pan. Do not stir it down before baking; mix at night for breakfast, and in the morning for supper.

RICE MUFFINS.—Use 1 cup cold boiled rice, 2 cups flour, 2 eggs, 1 teaspoon salt, 1 tablespoon butter, 1 quart milk, or enough to make a thin batter; bake quickly.

RYE MUFFINS.—Sift together 1 cup wheat flour, ¼ cup sugar, 1 teaspoon cream tartar, ½ teaspoon soda, ½ teaspoon salt, add 1 cup rye meal (not flour); beat 1 egg, add 1 cup milk, add it to the other ingredients, beat well, put in hot, greased muffin tins, and bake 20 minutes in a quick oven.

GLUTEN MUFFINS.—To 1 egg, beaten light without separating, add 1 pint milk, 1 teaspoon salt and 1 pint gluten flour; beat well, add 2 teaspoons baking powder, pour into well greased, hot muffin rings, and bake in a quick oven ¼ hour.

ENTIRE WHEAT MUFFINS.—Mix together 1½ cups wheat

flour, 2 tablespoons sugar, 1 teaspoon salt, 2 teaspoons baking powder; sift them into a bowl. Then beat 1 egg till light, and add 1 cup milk and $\frac{1}{2}$ cup of water; pour this on to the first mixture, and beat rapidly and energetically. Have buttered muffin-pans ready, pour in the batter, and bake in a rather quick oven about 25 minutes. The batter will be thin, and the muffins moist, but that is right.

ENGLISH CRUMPETS.—In 3 cups lukewarm milk, put 1 salt-spoon salt, and $\frac{1}{2}$ a yeast cake dissolved, or $\frac{1}{2}$ cup liquid yeast; let rise till light, and add 2 tablespoons melted butter, and a trifle of flour to keep the batter from becoming too thin; stir in hard, 1 salt-spoon soda, let stand $\frac{1}{2}$ hour, and bake in patty-pans, or muffin-rings.

GRAHAM CRUMPETS.—Dissolve $\frac{1}{2}$ cup butter in 1 quart scalded sweet milk, and when cool, add 1 cake compressed yeast (soaked in a little water), 1 teaspoon salt, and 2 tablespoons sugar; add enough graham flour to make a rather stiff batter, and beat hard a few minutes; let rise over night in a warm place, and in the morning add 2 well-beaten eggs; put in buttered gem-tins, let rise till light, and bake in a moderate oven.

SALLY LUNN.

2½ cups flour.	$\frac{1}{4}$ cup sugar.
1 egg well beaten.	3 tablespoons butter (melted).
1 cup sweet milk.	$1\frac{1}{2}$ teaspoons cream tartar.
$\frac{3}{4}$ teaspoon soda.	

Bake 20 minutes in muffin-rings, or in square pie-pans.

CORNMEAL SCONES.—Mix 2 teaspoons baking powder, 1 teaspoon salt and 1 tablespoon of sugar into 1 pint cornmeal; rub in with the hand 1 tablespoon butter; make it into a batter that will drop from a spoon (not pour) with cold milk; bake like ordinary muffins in muffin-rings on a griddle.

SCOTCH SCONES.—Into 2 cups flour sift 2 small teaspoons baking powder; rub in with the hand 4 tablespoons butter, adding a little milk to bind the paste; flour the bread-board and pin, roll out $\frac{3}{4}$ inch thick, cut into small 3-cornered pieces with a sharp knife; bake in a quick oven on a baking sheet, taking out as soon as they are lightly and evenly colored.

OATMEAL CAKES.—Use 2 cups of oatmeal, 2 tablespoons shortening (either butter, beef fat, or salt pork fat). Rub the fat into the meal; add cold water enough to make a dough. Mold until smooth, roll out thin, cut into rounds or squares, and bake quickly in a hot oven.

Oatmeal Cakes No. 2.—Stir oatmeal with cold water, making a thick paste; salt to taste. Make into little round cakes, about $\frac{1}{4}$ inch thick, in tin bake-pans, and bake in an oven not too hot.

POP OVERS.—Use 1 cup of milk, 1 cup flour, 1 egg, 1 teaspoon butter, a pinch of salt; beat the white and yolk of the egg separately until very light, then beat all well together, and bake in a quick oven.

BREAKFAST PUFFS.—Use 1 cup milk, $1\frac{1}{2}$ cups flour, 2 eggs, $\frac{1}{2}$ teaspoon salt; beat 5 minutes, and bake in gem-pans.

BREAD PUFFS.—Take light bread dough, roll out about $\frac{1}{2}$ inch thick, cut with a biscuit-cutter, drop into boiling lard, and turn over very quickly.

GRIDDLE CAKES.

To Keep Buckwheat Batter Sweet.—Cover with cold water the batter left after you are done baking cakes; drain it off carefully at night before stirring up fresh batter; the batter settles at the bottom, while the water absorbs the acid, thus keeping the batter sweet and fresh.

A Substitute for Maple Syrup.—Take 2 cups light brown sugar and 1 cup of water and boil until a nice thick syrup; then flavor with a teaspoon of vanilla, when nearly cold. Nice with griddle cakes and hot biscuits. Use other flavoring if desired.

Imitation Maple Syrup.—Boil clean corn cobs in water; then remove the cobs, add light brown sugar and boil to a nice, thick syrup. One can hardly tell it from genuine maple syrup. The cobs give the maple flavor. The syrup is delicious. Try it.

Caramel Syrup, a recipe for preparing which we give among our "Pudding Sauces," is fine with griddle cakes.

It is said that a common iron griddle, ground down smooth on a grindstone and then polished with fine sand paper on a flat piece of wood, is superior to a soapstone griddle, and can be used without grease.

If buckwheat batter has a small spoonful of molasses added to it each morning, it will give the cakes a fine brown color. Grease the griddle evenly, and do not leave pools of fat to burn and taint the cakes. Turn the griddle often, to keep it evenly heated on all sides; have it hot enough, so the mixture hisses or sizzles as it touches it. Do not turn the griddle cakes more than once, as that will make them heavy.

APPLE GRIDDLE CAKES.—Put 1 cup finely-chopped apple in 1 quart of any griddle cake batter; distribute it evenly by stirring with the spoon every time a spoonful is taken out.

BUCKWHEAT CAKES.—Use 1 quart buckwheat flour, $\frac{1}{2}$ cup cornmeal, 1 tablespoon salt, 4 tablespoons yeast, 1 tablespoon molasses (not syrup); mix with warm water enough to make a thin

batter, and let rise over night in a warm place. If the batter is the least bit sour in the morning, a little soda should be added, and if not sour, a very little soda will make them more light and tender.

QUICK BUCKWHEAT CAKES.—To 2 cups of buckwheat flour, add 2 teaspoons baking powder, 1 teaspoon salt, and 1 tablespoon brown sugar (or New Orleans molasses instead); when ready to bake, add 2 cups cold water, or enough to make a batter, stirring as little as possible after it is stirred smooth. Wheat flour, cornmeal, or graham flour, may be added, if desired.

CORNMEAL GRIDDLE CAKES.—Use 1 pint cornmeal, $\frac{3}{4}$ pint sour milk and 1 teaspoon soda in the milk, stirred until it foams, 2 eggs beaten until light, salt to taste; have the griddle hot and well greased. About 1 tablespoon of wheat flour added to the cornmeal is an improvement.

Cornmeal Griddle Cakes No. 2.—Use 1 cup sweet milk, or cold water, 1 egg, 2 cups yellow cornmeal, $\frac{1}{2}$ cup flour, 1 tablespoon salt, 2 teaspoons baking powder.

Strawberries and Griddle Cakes.—If you want a delightful dish, use hot cornmeal griddle cakes, strawberries, sugar and cream, and combine them sandwich fashion.

STALE BREAD GRIDDLE CAKES.—Soak 2 cups stale bread crumbs for 1 hour in 1 quart of milk which has been made boiling hot to pour over them; beat 2 eggs till light, yolks and whites separate; into the soaked bread-batter put first the beaten yolks, then 3 ounces flour, 1 tablespoon melted butter, 1 scant teaspoon salt; beat thoroughly, and then stir in very lightly 2 teaspoons baking powder and the beaten whites. Grease the griddle, and bake quickly in small cakes. These are about the lightest and most digestible griddle cakes that are made.

OATMEAL GRIDDLE CAKES.—Use 1 cup oatmeal, 1 cup flour, 1 teaspoon sugar, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt; sift the baking powder in with the flour; add cold water to make a batter the consistency of buckwheat cakes; beat together well, and bake immediately.

GRAHAM GRIDDLE CAKES.—Use $\frac{1}{2}$ graham and $\frac{1}{2}$ wheat flour; mix with sour milk, or buttermilk, and soda (1 small teaspoon soda to 1 quart milk); add a pinch of salt and 1 egg. Bake immediately on a hot griddle.

RICE GRIDDLE CAKES.—To 1 cup boiled rice add $\frac{1}{2}$ cup milk, the yolks of 3 eggs, 2 tablespoons flour and a little salt; then

beat the whites of the eggs to a stiff froth, stir them with the other ingredients and fry as soon as possible after they are added, on a hot, buttered griddle. These are light, digestible, and especially nice for invalids.

RAISED GRIDDLE CAKES.—At night scald 1 cup white corn-meal with 2 cups boiling water; while warm stir in 2 cups flour, 2 cups milk, 2 tablespoons brown sugar, and 2 tablespoons yeast; let it rise over night, and in the morning add 2 eggs, a little salt, and $\frac{1}{2}$ teaspoon baking powder; if too thin, add cornmeal till it is of the right consistency.

SQUASH GRIDDLE CAKES.—Into 1 cup boiled and sifted squash (use dry, mealy squash) pour $\frac{1}{2}$ pint boiling milk; add 1 tablespoon sugar, 2 teaspoons butter, $\frac{1}{2}$ teaspoon salt; let it cool and add 1 well-beaten egg, and 1 cup flour into which 2 teaspoons of baking powder have been sifted. If too thick, thin with milk; add more flour if too thin.

Please Griddle Cakes can be made the same way, by using instead of the squash, 1 cup please which have been boiled, mashed, and passed through the squash strainer.

FLANNEL CAKES.—Make a batter with $\frac{1}{2}$ pint milk, and $\frac{1}{2}$ pint flour with 1 teaspoon of soda sifted into it; beat in 1 teaspoon melted butter, a little salt, and 1 egg; add more milk if the batter is too thick; bake on a griddle.

WAFFLES.

Grease the waffle iron thoroughly, as, if the waffles stick it is hard to clean. Use salt pork fat, or butter wrapped in a thin clean cloth. Heat the iron well, both sides, grease it and only fill about $\frac{2}{3}$ full, leaving room for them to rise; cook one side a minute, then turn and cook the other. They will take longer to bake than griddle cakes. Butter as soon as done, and sprinkle on powdered sugar, or serve with lemon syrup, maple syrup or caramel sauce.

WAFFLES NO. 1.—Into 4 cups flour sift 2 teaspoons baking powder, and 1 teaspoon each of sugar and salt; add 2 eggs, 1 tablespoon butter, and 1 cup either sweet or sour milk; if the latter, use 1 teaspoon soda.

No 2.—Use 2 cups buttermilk, flour enough to make a rather thin batter, 1 teaspoon each of salt and soda, 1 egg; stir the milk, flour and salt together, sift the soda in the batter, beat yolk and

white separately, and add the white last. Have the waffle irons very hot, and well greased, before putting in the batter. Salt or water will cause the waffles to stick to the irons; the batter is also apt to stick if sour. If the milk is very sour a little more soda than the above can be used. Some people use sweet milk, and prefer it.

RAISED WAFFLES.—To 2 cups of flour add 2 cups of milk and 5 tablespoons yeast; let rise over night, and in the morning add 2 teaspoons melted butter, $\frac{1}{2}$ teaspoon salt, and 2 eggs, whites and yolks beaten separately.

CORN-STARCH WAFFLES.—Make a batter with 2 cups (heaped) corn-starch, 1 scant cup sugar, 2 eggs, a little lemon flavor, adding milk as needed; warm the molds, butter them out and fill; close them, place on the fire, then turn them over; repeat this until they are evenly baked: dust sugar over them when done.

CORNMEAL WAFFLES.—Take the beaten yolks of 3 eggs, 2 pints sour milk or buttermilk, and enough cornmeal to make a batter a trifle thicker than for griddle cakes; dissolve 1 teaspoon soda in warm water, stir it into the milk, and add a little salt. Use $\frac{1}{2}$ wheat flour if they break in pieces while cooking.

RICE WAFFLES.—Use 2 eggs, $\frac{1}{2}$ cup boiled rice, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, butter the size of a walnut, a little salt, $1\frac{1}{4}$ cups milk; mix well and bake immediately.

RICE AND CORNMEAL WAFFLES.—Use 2 well-beaten eggs, $\frac{1}{2}$ pint cold boiled rice, $\frac{1}{2}$ pint cornmeal, $\frac{1}{2}$ pint wheat flour, $\frac{1}{2}$ teaspoon baking powder, 1 teaspoon salt, 2 tablespoons melted butter, 2 cups milk; beat together thoroughly before baking.

MUSHES, ETC.

As the grain of which mush is made is coarsely ground, in order to cook the starch properly and soften the cellulose, long boiling is required. Thorough cooking is the most important point connected with its preparation.

CORNMEAL MUSH.—Have the water oozing, and nothing short of boiling with sufficient salt in the water for seasoning. Stir the meal gradually, sifting it slowly through the fingers of the left hand while stirring with the right. Use a kettle with a rounding bottom. Do not make it too thick if it is to be eaten with milk, or with sugar and milk for dessert. If it is to fry, 1 or 2 handfuls of

flour added at the last will improve it. Mush should cook *very thoroughly*; after it is thickened enough, set it on top of the stove where it will cook slowly 1 or 2 hours; stir often.

No 2.—Mix 1 cup cornmeal and 1 teaspoon salt to a paste with a little cold water; then pour on 2 pints boiling water, put it in a double boiler, and boil 4 or 5 hours. If the water cooks away add more boiling water from the teakettle. There is no danger of its burning in the double boiler. Anything will cook faster in the double boiler, if the water in the lower boiler is strongly salted.

FRIED MUSH.—Put the mush in brick-shaped baking-tins used for bread, and when cold and solid cut in slices. The old way has been to fry the slices on a spider or on a griddle with salt pork fat. A better way is to cut the slices a little less than $\frac{1}{2}$ inch thick; dip them in beaten egg, roll in cracker or bread crumbs, and fry like doughnuts in hot fat. Oatmeal or other mushes may be fried in the same way.

GREEN CORN MUSH.—Take corn on the cob when the milk is just set, grate it and make mush in the ordinary way; eat in milk. Excellent.

OATMEAL MUSH.—Put $\frac{1}{2}$ pint oatmeal and 1 teaspoon salt into the double boiler; add 4 cups boiling water, set the upper part of the boiler on the stove and boil 4 or 5 minutes to start the cooking; then put it into the lower boiler and cook 3 to 5 hours; salting the water in the lower boiler makes it cook faster. It is often cooked so that the grains are whole, but it is not then so easily digested, nor so pleasant in flavor. It should be thin enough to pour when done, and should cool into a jelly-like consistency. Serve with sugar and cream, tart jelly, apple sauce or baked apples.

Oatmeal with Figs.—Add to oatmeal 5 or 6 figs cut fine; cook in the usual way and serve with cream and sugar.

GRAHAM MUSH.—Use a little cold water and mix to a thin paste $\frac{1}{2}$ pint graham flour and 1 teaspoon salt; stir in 4 cups boiling water, and cook like oatmeal mush, but it does not need to cook so long. *Time* to cook, about 20 minutes. Just before taking graham mush from the fire, stir in stoned dates, and you will find it makes a very nice pudding.

BUCKWHEAT MUSH.—Mush made of buckwheat flour is made in the same way as cornmeal mush, but requires less cooking. When cold it can be fried, if desired, like cornmeal mush.

GLUTEN MUSH.—Use 2 cups boiling water to 1 cup gluten; cook like graham mush. It does not thicken because it contains no starch.

RYE MUSH.—Cook as directed for graham mush. It is served with molasses often.

HOMINY MUSH.—Cook in a double boiler 3 or 4 hours as directed for oatmeal mush, using a little over 4 times its bulk of water, and salt to taste. (For the long cooking absolutely necessary with corn preparations, the double boiler is much the best thing to use.) It can be eaten in bowls with milk, or for dessert with hard sauce. When cold, it can be fried as directed for cornmeal mush.

CRACKED WHEAT.—Pick over $\frac{1}{2}$ pint cracked wheat, put it in a double boiler, add 1 teaspoon salt, and 3 cups boiling water, and cook it 2 or 3 hours. It cooks best in a double boiler. Serve with sugar and cream. It can, if desired, be poured into cups or jelly-molds, wet with cold water, and so molded.

FARINA.—Into 2 cups boiling water, put $\frac{1}{2}$ saltspoon salt, and 3 tablespoons farina; let it actually boil in a saucepan 20 minutes, or cook 1 hour in a double boiler. Serve with sugar and milk or cream.

WHEATLET WITH DATES.—Into 4 cups boiling water put 1 teaspoon salt and stir in 1 cup wheatlet; cook it in the double boiler 30 minutes. Have 1 cup dates stoned and cut small, and stir them in just before serving. Serve with cream.

GRANULA.—To 1 cup granula add 1 teaspoon salt, and $1\frac{1}{2}$ cups boiling water, and boil 10 to 15 minutes; this is better than to boil it 1 minute in milk as is often recommended. It is a preparation of grain prepared by dry heat, and is cooked nearly enough when bought.

WHEAT GERM.—Use $1\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ cup wheat germ, and boil 30 minutes in an uncovered saucepan, or 1 hour in a double boiler; it is doubtful if it is wholesome cooked in the short time directed on the packages.

Imperial Granum can be prepared the same way.

HULLED CORN.—Soak a quart of yellow corn over night; the next morning pour off the water and put the corn in a kettle of hot water containing a cheese-cloth bag, holding a pint, or a little more, of clean wood ashes. Boil until the hulls begin to come off, then pour off the lye; rub the corn well in cool water to remove the hulls, then boil again in clear water until soft, changing the water

once or twice to take out the taste of the lye as much as possible. Hulled corn is eaten with milk like mush, and like mush it is fried when cold.

HASTY PUDDING.—Into 2 cups cold milk, stir 2 cups cornmeal, 2 teaspoons flour, 1 teaspoon salt; gradually stir this into 4 cups *boiling* water, and boil 30 minutes, stirring it frequently. It can be fried when cold as directed for cornmeal mush.

TOAST.

Simple as the process of making it seems, perfect toast is very rare. Good toast should be crisp and golden clear through, not brown outside and clammy in the center. Use stale bread, cut even slices $\frac{1}{4}$ inch thick, heat them gradually at first, so that the heat may penetrate to the center of the slice and evaporate the water before the outside is crusted over; dry it carefully and, *when well dried*, move it near the coals (which should be clear and red), and it will quickly turn a golden brown.

Toast is often eaten which is cut in thick slices, browned outside, and left clammy in the center. Such toast is less wholesome than untoasted bread, and is wholly unfit for invalids, although healthy stomachs may cope with it. *Well made* toast is very easy of digestion, and well suited for invalids, because starch, when heated to 401°, is turned to *dextrin*, and that is much more easily digested than the starch. The object should be to turn as much of the starch as possible to dextrin, and *clear through the bread*, not merely a little on the outside. A little caramel is also developed usually in toasting bread.

Some people prefer toast soft inside and browned outside, because they say it is easier to eat, but if you will try it you will find good, dry toast easily breaks and crumbles apart, and is readily moistened by the saliva. *For invalids* always instead of leaving toast soft inside, it is better to toast the bread well, and then dip it in hot water for an instant to moisten it, but do not *soak* it.

If possible, serve dry toast directly from the fire; if not, pile it on a plate, lay a napkin over it, and set it in the oven, or on the hearth to keep warm. Be careful not to *burn* the outside while toasting bread. For ordinary use (not for invalids) the thicker slices of bread, less perfectly toasted, can, of course, be eaten by those who prefer them.

WATER TOAST.—Prepare a pan of boiling hot water, adding always 1 teaspoon salt to the quart of water. Toast bread, dip in each slice quickly, moistening it merely, but do not let it *soak*; as sloppy, sodden toast is not good. Butter each slice and pile them on a hot plate. Apple sauce, baked apples, poached eggs, and minced meats go with this kind of toast.

MILK TOAST.—For plain milk toast, toast the bread, and pour 3 or 4 tablespoons of boiling salted milk or cream on each slice. The toast can be buttered or not, as preferred, before pouring on the

hot milk. Crackers can be split, toasted, and prepared in the same way. Or, scald the milk, add for each pint 1 tablespoon corn-starch or flour dissolved in a little cold water, 1 teaspoon butter, and $\frac{1}{2}$ teaspoon salt; prepare the toast, moisten it, dip each slice in the hot, thickened milk, put all in a dish, and pour the balance of the thickened milk over it. Serve hot.

CREAM TOAST.—Put 2 cups milk into a sauce-pan and bring it to a boil; while it is heating, put 1 tablespoon each of butter and flour in another sauce-pan, stir them together gently while the butter is melting, and then let them bubble 2 or 3 minutes together; then add the hot milk, a little at a time, stirring it in well till it is smooth and free from lumps; let it simmer while preparing the toast. Toast the bread, soak it *thoroughly* in salted boiling milk (as the cream will be too thick to soften [it]), put it in a dish, and pour the prepared cream over and between the slices.

MERINGUED TOAST.—Prepare a meringue by dissolving 1 teaspoon butter in $\frac{1}{2}$ cup boiling milk, and just before taking it from the fire, stir in the well-beaten white of 1 egg; pour this over freshly-toasted bread, which has been dipped in slightly salted water; put it in the oven 5 minutes, and delicately brown the meringue.

VERMICELLI TOAST.—Pass the yolk of hard-boiled eggs through a coarse strainer; it will fall out in broken threads, looking something like vermicelli; scatter it over cream toast.

TOASTED GRAHAM GEMS.—Split the gems, toast nicely, and while they are toasting, heat some rich milk to the boiling point, add a little salt, butter, and thicken with flour moistened with cold milk, and pour over the toasted gems. Gems left one day may be thus utilized for the next day's breakfast.

STRAWBERRY TOAST.—Toast thick slices of bread, butter them, and pile them with alternate layers of strawberries, crushed and sweetened as for shortcake, with strawberries on top; serve with cream, at once and while hot.

SANDWICHES.

Bread for sandwiches should be one day old, and a brick-shaped loaf is the best. Cut the crust from the end, then spread the end of the loaf evenly with softened butter, or compounds of butter, seasoned meat, etc., if desired, then with a sharp knife cut the buttered slice from the loaf. In this way the bread is not broken, as it is apt

to be if very tender, when spread after slicing. Spread and cut in this way until the loaf is used. Place two of the spread slices together, press firmly, and trim in any way liked. They may be cut in rounds or heart-shaped with biscuit cutters; the crust may be trimmed off and the sandwiches cut from corner to corner, making triangles, or for ordinary occasions they may be left untrimmed, as many persons prefer them with the crusts.

For hearty, hungry children, nothing is better for luncheons, picnic refreshments, etc., than sandwiches. Spread evenly the end of a loaf of good home-made bread, a day old, then cut it off $\frac{1}{4}$ inch thick, spread another slice with butter, place boiled ham, cold tongue, roast beef or chicken, on one slice, cover it with another, and press tightly together; roll each one in buttered paper, or all together in a clean napkin. To keep them moist until eaten, put them after wrapping, into a tin pail, and cover tightly.

If the meat used for filling sandwiches is chopped fine it will be much more convenient to eat. In putting up sandwiches for picnics, etc., it will add to their appearance to tie them with ribbon in packages; a different colored ribbon can be used effectively for each kind of sandwich.

Although it is a little more trouble to make them, sandwiches can be improved both in appearance and flavor by cutting thin slices of bread into small square, oval, or round pieces, and frying them in smoking hot fat to a light golden brown; then drain on blotting paper. These pieces can be made into anchovy, lobster, egg, salmon, chicken or other sandwiches, piled high on plates with bright green parsley around the base. Such sandwiches are admirably adapted for evening parties, and will be more appreciated than second and third rate sweets.

Mustard or Anchovy Butter for sandwiches may be prepared as follows: *For mustard butter*, take soft butter the size of an egg, and 2 tablespoons of good mustard, put them in a stone mortar and work them together with the pestle till perfectly mixed. *For anchovy butter*, take the same amount of butter and 1 teaspoon of anchovy paste, and work them together in the same way. Same proportions for larger quantities.

ABERDEEN SANDWICHES.—Put in the chopping-bowl cold meat, either of veal, ham, beef or poultry, and chop it very fine; for 1 teacup of chopped meat, add to it a piece of softened butter the size of an egg, a little pepper and salt, with 1 or 2 spoons of water to slightly moisten it, and 1 teacup of fine bread crumbs; chop and mix all to a paste. Take a bit of the mixture on the molding-board, and

with a knife wet in hot water, form it into a strip about 3 inches long and 2 wide. Trim off the edges, detach it from the board with a knife, and roll into an oblong shape. If it is too dry to roll without cracking, add a little more water; if too wet, add more bread crumbs. These are served with lettuce, or cresses.

ANCHOVY AND EGG SANDWICHES.—Bone anchovies, steep them in milk for 2 hours and chop fine; also mince hard-boiled eggs very fine; sprinkle the chopped egg on a slice of buttered bread, cover with the anchovy, add pepper and a layer of mustard and cress, and lay on the other slice of buttered bread.

BAKED SANDWICHES.—Sprinkle salt and pepper on thin slices of cold meat, put them between thin slices of bread, form them into a pile 5 or 6 inches high, fasten them together with a skewer, and brown them until the bread is crisp, in a hot oven, first basting them with melted butter.

CHEESE SANDWICHES.—Mix together $\frac{1}{4}$ lb. of grated cheese, and $\frac{1}{2}$ teaspoon each of pepper, salt and mustard, add 1 tablespoon each of vinegar and melted butter, make it to a paste, and spread it thin on the buttered bread.

DATE SANDWICHES.—Seed choice dates, press flat, and spread between thin slices of buttered bread.

EGG SANDWICHES.—(1) Put between buttered slices of bread moderately thin slices of hard-boiled eggs, seasoning them with salt, pepper and nutmeg. (2) Chop the whites of hard-boiled eggs very fine; mash the yolks, and mix with melted butter, salt and pepper. If not smooth enough, add thick cream. Spread the paste on the bread.

FISH SANDWICHES.—Use any kind of cooked fish, chop it fine, make it into a soft paste with butter, and season it well.

GINGER SANDWICHES.—Use the preserved ginger which comes in small jars; cut very thin, and put between slices of buttered bread. Cover with a damp napkin until ready to serve.

HAM SANDWICHES.—Boil the ham the day before, slice it as thin as possible, and lay it between the thin, buttered slices of bread. Spread on a little mustard, or not, as preferred. *Chopped ham sandwiches* can be made by chopping the ham as fine as grated cheese, and making it to a paste with malted butter, or butter and cream, or beaten egg, as preferred, with mixed mustard, pepper, and a little finely chopped pickle. Then spread the paste on the bread.

HONOVER SANDWICHES.—To the well-beaten yolks of 2 eggs, add $\frac{1}{2}$ lb. best butter, 3 tablespoons mixed mustard, a little pepper and salt; beat all together very smoothly, and set on ice. Spread it on thin slices of bread, and put between the slices very finely chopped tongue and ham, to which a little chicken or roast beef is added. This makes a delicious sandwich. Thin slices of pressed beef may also be used.

LABETTE SANDWICHES.—Spread Devonshire cream on thin buttered slices of *brown* bread; then spread on apricot jam, being careful that there are no lumps in it, then lay on another slice of buttered bread, and press together.

LETTUCE SANDWICHES.—Put crisp lettuce leaves between thin slices of buttered bread; serve as soon as possible after preparing. Add a mayonnaise dressing if preferred.

Various sandwiches can be thus made by using instead of the lettuce, the plumed tops of young white *celery*; or *nasturtium leaves*; or young *dandelion leaves*; or *peppergrass*; or *water-cress*; and so on.

LOBSTER SANDWICHES.—Pound together in a mortar until quite smooth $\frac{1}{2}$ lb. lobster meat, the yolks of 2 hard-boiled eggs, 2 oz. butter, 5 capers, pepper, salt, and cayenne to taste. Spread thinly on slices of bread and butter, sprinkle with a very little chopped mustard and cress, if liked, cover with another slice of bread and butter, cut neatly, and serve.

NUT SANDWICHES.—Grate English walnuts or pecans, mix with salt and a little cream or milk, and spread it on thin slices of buttered brown bread.

Almonds or peanuts may be used in the same way.

PEANUT SANDWICHES.—Remove the shells and brown skins, roll the peanuts moderately fine, but not to powder, pour on any good salad dressing, and spread between slices of bread. Make *almond* or *walnut* sandwiches the same way.

SALMON SANDWICHES.—Drain all the oil from canned salmon, remove all skin and bone, reduce it to a paste; season, spread some on one slice of buttered bread, squeeze lemon juice over it, and lay on the other buttered slice of bread.

SARDINE SANDWICHES.—(1) Drain the sardines from the oil, put them in hot water a few minutes which will take out the grease, drain them, dry in a cloth, and pound to a paste; season with

salt and pepper, add a little very finely chopped lettuce, and spread it on the bread. (2) Chop the fish fine, add a few drops of lemon juice, and cover the buttered bread with it.

TOMATO SANDWICHES.—(1) Spread a French dressing over the buttered slices of bread, and put slices of tomatoes between them. (2) Put potted beef on the lower buttered slice, lay on thin slices of tomatoes, season with salt and pepper, and lay on the top slice.

VARIOUS SANDWICHES.—A little ingenuity will invent an almost endless variety of new and attractive sandwiches. We suggest a few more. (1) Prawns or shrimps may be used instead of lobsters. (2) Fresh caviare spread on bread and butter, with a squeeze of lemon, a pinch of cayenne, and if liked, a little minced salad, is excellent. (3) Slices of cucumber, dressed with oil and vinegar, make a delicious sandwich. (4) Use yolks of eggs pounded with butter and Parmesan cheese. (5) Make pate de foie gras sandwiches, with or without water-cress. (6) Make salmon or shrimp sandwiches with mayonnaise sauce and minced salad. (7) Put kippered salmon in thin shreds between slices of *brown* bread and butter. (8) Vary any sandwich by using mayonnaise, bechamel or other sauge.

PASTRY.

POFTWARESTANDING the frequent denunciations of pastry for its unhealthfulness, people will eat pie, and a thorough knowledge of pastry-making is indispensable to the economical housewife. To succeed in this, certain rules must be remembered and implicitly carried out. The excellence of puff paste depends upon the quality of the materials used, the lightness of hand and dexterity of the operator, and the coldness of the materials. The hands should be washed very clean, and then dipped into very hot and then into cold water. The mixing-bowl should also be filled with hot, and then with cold water, which makes it smooth and prevents the butter from sticking. The slab or board for working upon should be smooth, clean and dry. A marble slab is better than a board because it keeps the pastry cooler, but few can command this, and a board is more frequently used.

The Flour.—The flour used should be of a fine quality, and should be thoroughly sifted, dried and chilled. For making paste a starchy flour is better than one rich in gluten, and that is what is meant by *pastry flour*. Although eggs are commonly used in paste, they are really not necessary, and a good paste can be made without them. The butter should be of good quality and pliable, or it will not mix properly with the pastry. Work it in clear, cold water, to free it from salt and buttermilk, and the pastry will then be more delicate; then keep it cold until used.

Method of Making Paste.

—The method of making paste is as follows: For the best paste use 1 lb. of butter to 1 lb. of flour (if measured use 2 pints flour to 1 pint butter). Take 1 lb. of the washed butter, flatten it out, press it on all sides to remove the moisture, keep out about 2 or 3 oz. and put the balance in a floured cloth on ice till needed. Now put the 1 lb. of sifted and

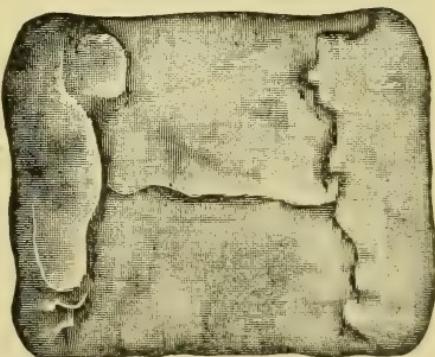


FIG. 1. PASTE FOLDED OVER THE BUTTER.

chilled flour into the mixing-bowl, keeping out about 2 oz. for sprinkling the board with, put in the 3 oz. of butter and 1 small tea-spoon of salt, and the eggs if they are used, and with the tips of the fingers work them into the flour. Many chop these ingredients together to avoid heating them with the fingers. Add a little *ice cold* water occasionally, and keep mixing until a perfectly smooth paste is formed. A cup of water, more or less, will be needed. When the paste is of the right consistency, and forms a smooth ball, dust the board lightly with flour, and remove the paste on to it, and pound it lightly with the rolling-pin to toughen it. Then roll it out about $\frac{1}{4}$ inch thick, always using a well-floured rolling-pin, and rolling from you. Then take the cold butter and roll it out in the same way, only smaller, and lay it upon the paste, and fold the ends of the paste over the butter as shown in Fig. 1. on p. 295. (The butter is sometimes cut into 4 pieces and only 1 piece worked in at a time, but the method would be the same.) Then turn it bottom up on the board, and roll it out carefully, using a light, quick stroke, and being careful not to break the paste, as the aim should be to keep all the *air* possible *inside*, to assist in making it rise. If by accident the dough breaks, lay on a piece of plain dough (a little plain dough may be kept out for this purpose), dust on flour, and go on with the rolling. Roll it out into a sheet about $\frac{1}{4}$ inch thick, and fold $\frac{1}{3}$ of it-over onto the balance, and then the

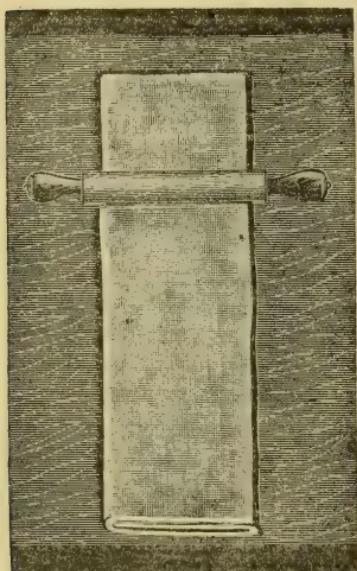


FIG. 2. ROLLED PASTE FOLDED OVER.

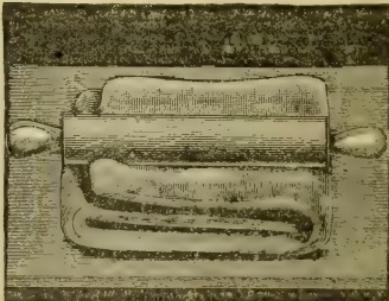


FIG. 3. PASTE AFTER MAKING A "TURN."

other side over onto that, making 3 layers about 3 times as long as it is wide, as shown in Fig. 2; then turn it, and fold it lengthwise into 3 thicknesses as shown in Fig. 3, when it will be ready for rolling out again. This is known as the "first turn."

In lifting the paste at any time let it roll up on the roller, then lift it gently, dust a little flour on the board, and gently unroll the paste the way you want it to lie, having the side which was next the roller come next the board. The process just described as the "first turn" should be repeated 3 or 4 times for common pies, and 6 or 7 times for the best pastry, but should be repeated until no streaks of butter can be seen. The more layers there are the more "flaky" it will be. To keep the butter evenly distributed so that the paste will rise evenly, it is folded in an *opposite direction* each time, and after each "turn" it is laid with the top of the paste on the board, thus turning it over. It is customary in warm weather (it is a good plan at any time) to put it on ice for 5 or 10 minutes between each "turn." This may be done by putting it in a long, floured pan, putting it on ice, and then set another pan filled with ice on top of it, thus having ice both above and below. The top tin should not be heavy with ice, as only a little ice is needed. Tins are best, because dishes would not conduct heat readily enough to cool the paste quickly. After making the last "turn," roll the paste out about $\frac{1}{4}$ inch thick, and cut it in shape for pies, patties, etc. Some cooks think that the shortest route from the flour barrel to the bake oven is the best for pastry, and others prefer to set the paste aside in a cold place and bake next day. Skillful cooks obtain good results either way. From first to last the paste should be kept as *cold as possible*.

If not ready to bake at once when made up, keep the paste in the ice-chest until wanted. We knew of one lady who had a long, slim glass bottle which she filled with ice-water and used for a rolling-pin. Pastry should be rolled *lightly*, the rolling-pin often lifted and but little pressed upon, so as not to force out the air.

The point to aim at in making puff paste is to have as many alternate layers of butter and dough as possible, and to have each layer so light and thin that in baking it will rise separately. The paste will be difficult to manage, and a failure, probably, if it is either too dry and stiff or soft and sticky. If the flour used is the least damp, the paste made from it may be heavy. The less flour used in rolling the paste the better, as if an excess of flour is used the flakes will be pale, thick and tough, if not absolutely flat and heavy, and the baking will be much slower. Using coarse and heavy flour may produce a similar result, and so may slow and heavy handling, a warm or irregular temperature when working, or faulty baking.

The Butter.—If the butter is not right, rapid handling, partial freezing, an extra sprinkle of flour and a little cream of tartar may keep the flakes separated until the oven is reached and the baking

begins; it will bake sharp and crisp with a quick heat, but the butter will fry out and cover the flakes of paste and they will be found greasy to the touch when removed from the oven. Do not suppose that if the butter and paste are not in the best condition possible the amount of the butter can be reduced in the finishing process of rolling together; there will be fewer layers of paste, the quality inferior and the quantity less.

For some dishes a rich crust is neither so digestible nor so suitable as a substantial light one, and a light, quick, cool hand will influence the lightness of the pastry as well as the quantity of the butter used.

Baking Tins.—For baking, tin plates should always be used, as the under crust will be apt to not bake well in anything earthen; the crust will readily separate from the pan when done. It should then be taken off the plate at once, or the under crust may get "soggy." Grease pie-tins well before laying on the crust; for some kinds of pastry they are wet with water instead of being greased.

The Oven.—The heat of the oven is important. If too hot, the top will become scorched before the pastry is risen; if too cold, it will melt, spread, and the paste become heavy and sodden. It is best, therefore, to keep the pastry out until the oven is right. Experience will guide in this, but a good plan is to try the heat of the oven first with a small piece of paste; the heat should be strong enough to cause the cold air in the paste to expand, and so make it rise, and then quickly set it in the form given by this expansion of the air. The heat should be strong underneath at first, to make the paste rise well before browning on top; then turn the heat from below, or to prevent burning, put a grate or pan under the baking-tin, and quicken the heat on top.

The Two Crusts.—In making pies with an upper crust *always* make small holes in it to allow for the escape of steam, or that will burst the crust. These holes may be made in any fanciful shape desired. An excellent plan is to use a rich paste for the top crust, and a plainer one, with much less shortening, for the under one. Have the under crust a little the thicker. If there is no upper crust, have a heavy edge on the pie. Mixing the white flour with $\frac{1}{3}$ to $\frac{1}{2}$ its bulk of cornmeal is said to make pie crust lighter and more digestible.

A fine brown color will be given to the upper crust of pies if, just before putting them in the oven, they are brushed over with milk.

To Prevent Juice from Running out.—To prevent the juices of fruit pies from running over, which is so annoying to cooks, various plans have been employed. (1) Make a small tube of writing paper about $\frac{1}{2}$ inch in diameter, and let it set through the upper and rest on the lower crust; or a short piece of macaroni set on end makes a good tube. The juice will bubble up in this instead of running out. (2) In all fruit fillings stir the flour *into* the fruit, so that all the fruit may be covered, instead of sprinkling it on top. Also avoid having too much fruit in the pie, and add no water, as the fruits make their own juices. (3) Have a pie tin deep enough to allow a wall of crust deep enough to hold in the juice. (4) Fasten the upper crust securely by turning the edge of it under the under crust, first wetting the latter with a little beaten white of egg or water. Sometimes the *white* of egg is used and the two firmly pressed together without turning the upper under the lower crust.

All the small juicy fruits, like strawberries, raspberries, blueberries and blackberries, can be made to retain their juices in the crust by mixing with the sugar used for sweetening them a heaping tablespoon of either flour, corn-starch, arrowroot or cracker dust. These act simply by absorbing the surplus juice, and so keep it from running out. The mixture should be well shaken down through the berries before the top crust is put on; as the sugar draws out the juice, it is better not to sprinkle it on the fruit until that is put in the crust. The under crust in these pies will be raw and clammy, unless there **is** a good heat at the bottom of the oven. If the under crust in fruit and custard pies is rubbed over, just before filling the pies, with a mixture of egg, well beaten, it will prevent the juice from soaking into it. The white alone will do if the pie is very delicate in color. A tablespoon of powdered sugar added to the flour makes the paste into a nice, short crust, for fruit pies. If in fruit pies the sugar is not added until after they are baked, and then the crust is lifted up and it is put in, less sugar will be needed. (See what we say about "Using Sugar," in our chapter on "Cooked Fruit.")

THE PRINCIPLES INVOLVED.—The principles involved in this mode of baking flour are as follows: In making paste or pie crust, the paste of flour and water is rolled out into very thin paper-like layers, with fat between. In folding and rolling it out, much cold air is imprisoned and distributed through the mass. When baked, this air is heated and so expands, and, being confined, it "lifts" the dough, or makes it rise and become light. This action is purely mechanical, without producing any chemical change like that worked by yeast. It is obvious that the colder this imprisoned air is when the mass is ready to bake, the more it will be contracted, and, therefore, when heated, the more it will expand and lift the dough; hence the repeated injunctions to keep the mass as *cold* as possible.

Eggs, when used, act in two ways—they increase the tenacity of the dough so that it better retains the air, and when beaten up they carry a good deal of air into the dough. As soon as the cold air expands, the mass should stiffen, before it has time to fall, hence the importance of having the heat of the oven right.

It will be seen that the lightness of the pastry will depend on the amount and coldness of the air it contains before it is put in the oven, and the extent of the expansion of the air afterwards; therefore, other things being equal, the best pastry will be that which contains the greatest quantity of the coldest air before it is baked. Cooks with a hot hand will do well to mix the paste with a knife (a steel chopping-knife with a wooden handle is about the best thing) as the warmth of the hand will heat the paste in working it.

The "flakiness" of the paste will depend on the number of *layers* of butter and paste it contains, but its rising depends on its air. We knew an experiment in making some pastry in which the lady pressed it hard with her thumb in certain spots. When baked, it was light everywhere except where her thumb had pressed, and there it was soggy and heavy. The pressure of her thumb had forced out the air, so that in those places there was nothing to expand and "lift" the paste. This will show the importance of the lightness and deftness of touch in making paste, which we have elsewhere insisted on.

Pastry, though generally liked, is not easily digested, and is not suited to delicate stomachs, although the strong may eat it. Flaky paste, although easily broken in pieces, is not easily pulverized or ground into a pulpy mass by the teeth, so that comparatively large-sized flakes are commonly swallowed, besides which the starchy matter, being enveloped in fat, is not readily reached by the saliva, and thus the first step in the conversion of flour into sugar is prevented, while for the same reason it is not readily attacked by the gastric juices in the stomach. From these causes proceed the evil results so often experienced from eating pastry. When eaten, it should be very thoroughly and patiently masticated.

Using Cornmeal.—Cornmeal mixed with flour, using $\frac{1}{3}$ cornmeal to $\frac{2}{3}$ flour or a little more, makes puddings or pastry more digestible, because it makes them less cohesive—that is, when it is used the products fall more readily into minute particles so that the saliva can act on the starch, and the gastric juice on the albumenoids, much more readily. Cornmeal, lacking gluten, breaks up the stickiness of gluten flour as we elsewhere explain.

Meringue (pronounced me -rang') for pies, puddings or cake, is a frosting spread on top of them. It is made by beating the white of 1 egg and 1 tablespoon of powdered white sugar to a froth, and flavoring it if desired. After spreading it on, it must always be put in the oven to brown and harden; let a pudding cool slightly before spreading it on, or else it will liquify.

Doree, or *gilding*, applied to patties, etc., is an egg beaten up and brushed over the top. It gives them a beautiful golden shade.

PASTE, OR PIE CRUST.

For the best puff paste the uniform rule is equal quantities, by *weight*, of butter and flour. A good paste is made with $\frac{3}{4}$ lb. butter to 1 lb. flour. For home use, as low as $\frac{1}{4}$ lb. butter to 1 lb. flour is sometimes used.

For the best paste, good butter is the thing to use; the next best thing, butter and lard mixed. For meat pies clarified drippings makes a good crust. A light biscuit crust answers well for dumplings, and may also be used for meat pies. A paste made with lard alone, will be tender, but not flaky.

If any baking powder is used with paste at any time add that to the flour first of all. When baking powder is used in pastry, speedy

work is needed or the effervescence will be over before the work is completed, the gas will escape, and the paste will fall. For delicate puff-paste or pie crust do not use baking powder.

No. 1. PUFF PASTE.—Use 2 cups flour, 1 solid cup butter, and 1 level teaspoon salt. Mix about $\frac{1}{4}$ of the butter in the flour, then roll out and work in the balance as directed for making pastes, giving it 4 to 6 "turns." This makes a rich paste suitable for the upper crust of pies, using a plainer one for the under crust.

No. 2. LIGHT PASTE.—Use 2 cups flour, 1 solid cup butter, 1 level teaspoon salt, 1 egg (2 are sometimes used). Mix, roll out, and finish as directed above for making paste, giving it at least 4 "turns"—6 is better. It makes a good paste for fruit tarts.

No. 3. PUFF PASTE.—Use 1 teacup each of butter and lard, 4 cups sifted flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 white of egg, beaten. Sift the baking powder and salt into the flour; then rub in the lard till it forms a fine, smooth paste. Add enough *ice* water, containing the beaten white of egg, to make a stiff dough—say $\frac{1}{2}$ cup; roll out thin, spread on $\frac{1}{4}$ of the butter, and make 1 "turn" as previously explained for pastry; repeat with another $\frac{1}{4}$ of the butter, and so on till all is used. Then set on ice till *cold*—say 1 or 2 hours—before using it. An excellent paste.

No. 4. FRENCH PASTE.—Use 4 cups flour, 1 cup powdered sugar, 1 level teaspoon salt, 3 whole eggs. Mix thoroughly with the fingers to a smooth paste; if too dry to mold, add the yolk of another egg; after it is molded, roll out and cut. This paste is more digestible than shortened pie crust.

No. 5. PIE CRUST.—Use 1 cup flour, 1 tablespoon lard, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Sift the baking powder and salt together, chop the lard into the flour, and add just enough cold water to moisten the flour. This quantity will make 1 pie with 2 crusts.

No. 6. PIE CRUST.—Mix equal amounts of white and graham flours; stir in cold sweet cream with a spoon, lightly and rapidly, in the proportion of 1 cup of cream to 3 cups flour; with the fingers gather the dough together, without kneading it, and set it in a very cool place $\frac{1}{2}$ hour before rolling out. It can be made still lighter by adding 2 teaspoons baking powder for each 3 cups flour, but in that case roll out and bake at once.

PIES.

Time to Bake.—Pies should bake, as a rule, in $\frac{1}{2}$ to $\frac{3}{4}$ hour. They should slip on the tin when done. Crust alone should brown in about $\frac{1}{4}$ hour.

APPLE PIE.—Line a large pie-plate with a good crust, fill it well with sliced apples; take a small cup of sugar and mix well with it 1 tablespoon of flour, a little nutmeg, half a teaspoon of cinnamon, and sprinkle over the pie; put on the top crust; wet the edges of the under crust, pinch the top one upon it closely, cut an opening in the middle of the top crust, and bake in a good oven about an hour; serve the day of baking.

POT APPLE PIE.—Put a quart of water in a kettle with 2 cups of sugar, a saltspoon of salt and 6 tart apples, pared, quartered and cored; let them cook in the syrup until they look like preserves, then make a baking-powder crust, without shortening, cut it in rounds with a biscuit-cutter, put it in the kettle, add a piece of butter the size of an egg, and more water if the syrup is much reduced; cover, and cook 20 minutes. Turn into a deep dish to serve.

DRIED APPLE PIE.—The dried apples should be soaked over night, then slowly stewed, in just water enough to cover them, for 2 or 3 hours, especially those dried in the old-fashioned way, and which are preferred by many cooks to those that are bleached. When soft, stir to a mash with a spoon, or work the apple through a coarse colander; season to taste with sugar and spices, and bake in two crusts. A few dried raspberries, or a little raspberry jam is a great improvement in dried apple pies.

A good way to treat dried apples is to soak them over night, then cover with boiling water, and stew soft. A little sour cider or lemon juice may be added if they are not tart enough, and a fine flavor will be imparted by adding a little orange peel when they are about half stewed; then add sugar and nutmeg to season, and strain through a colander.

APPLE CUSTARD PIE.—Take 2 cups sweet milk, 2 cups apple sauce, 3 eggs; flavor and sweeten, and bake with an under crust only. This will make 2 small or 1 large pie.

Apple Custard No. 2.—Take $\frac{1}{2}$ cup melted butter, 2 cups sugar, 3 cups stewed apples, 4 eggs beaten separately. Bake in pie-plates in bottom crusts only.

APPLE PIE A LA MODE.—Take a good apple pie, warm it, and spread ice cream over the top 1 inch thick, and serve at once.

BANANA PIE.—Slice the bananas thinly, put over them the grated peel and juice of a lemon, and let them lie in the acid for an hour before using; then sweeten to taste, and bake in two crusts.

CARROT PIE.—To 1 lb. of carrots, boiled and mashed through a colander, add 2 eggs, and rich milk or cream to make quite thin; flavor to taste with sugar, cinnamon and nutmeg; put it into 2 pie-plates lined with rich paste, and bake in a quick oven.

CHERRY PIE.—Pit the cherries and be careful to reject all that are wormy; place them on a nice under crust, sweeten to taste and mix a teaspoon of corn-starch with the sugar, or a tablespoon if the cherries are large and juicy. Bake in two crusts, or as a tart with strips of paste twisted and placed over it in diamond shape. Eat cold, with sugar sifted over the top.

DRIED CHERRY PIE.—Use a pie-plate that will hold 1 pint, line with rich paste; take 1 teacup of sugar and put $\frac{1}{3}$ of it on the under crust, roll 2 soda crackers fine, put $\frac{1}{3}$ on the sugar, and 1 teacup of cherries strewn evenly on the cracker; now add a piece of butter half the size of an egg, and cover with the remainder of the sugar and cracker; when the top crust is ready to put on, add 1 teacup of cold water, and bake $\frac{1}{2}$ hour in a moderate oven.

GROUND CHERRY PIE.—Line a pie-plate with a nice pie crust, and then put in a layer of ground cherries and 1 cup of sugar. Cover with a nice crust and bake.

The ground cherry (*Physalis viscosa*) belongs to the order *Solanacæ*—the order which gives us the tomato and potato.

CHOCOLATE PIE.—Take 2 cups milk, yolks of 2 eggs, $\frac{2}{3}$ of a cup of sugar, 2 tablespoons of corn-starch, and 2 tablespoons of grated chocolate. Heat the milk, sugar and chocolate together; when hot, add the corn-starch, mixed in a little of the cold milk, then add the beaten yolks; let all come to a boil; line a pie-tin with good pie crust, bake, and then pour in the chocolate cream; beat the whites of the eggs to a stiff froth with 2 tablespoons of white sugar; pour it over the pie, and set it in the oven to brown.

GREEN COCOANUT PIE.—Open the eyes of a cocoanut with a gimlet, and pour out the milk into a cup; then break the shell, take out the meat, and grate it fine; take the same weights of sugar and the grated nut, and stir together; beat 4 eggs, the whites and yolks separately, to a stiff foam; mix 1 cup of cream, and the milk of the cocoanut with the sugar and nut; then add the eggs. Line deep pie tins with a nice crust, fill them with the custard, and bake carefully $\frac{1}{2}$ hour.

DRIED COCOANUT PIE.—Put a cup of cocoanut to soak in sweet milk as early in the morning as possible; take a teacup of the cocoanut and put it into a coffeecup, and fill up with milk. When ready to bake take 2 teaspoons of flour, mix with milk, and stir until it thickens; add butter the size of a walnut, while warm; when cold, add a little salt, 2 eggs (saving out the white of one for the top), sweeten to taste, add the cocoanut, beating well, fill the crust and bake. When done, have the extra white beaten with sugar and ready to spread over the top; return to the oven and brown lightly.

COCOANUT is the fruit of a species of palm. It now grows in nearly all tropical regions. The number of different ways in which it is made useful to the inhabitants in the region in which it grows is surprising. Each tree yields 80 to 100 nuts annually. The oil expressed from the kernel is good, and might be used as food, but it quickly becomes rancid. The nut should be eaten moderately only, as it is rather difficult of digestion alone, but in connection with other food, aids their digestion. It is more of a heat-giver than of a flesh-former.

CORN-STARCH PIE.—Scald 1 pint of milk and stir in it 3 tablespoons of sugar and the beaten yolks of 2 eggs; wet 2 tablespoons of corn-starch with a little cold milk, and stir it in the milk, sugar, and eggs. Line a pie-plate with paste, bake, and fill it with the cream. Beat 2 tablespoons of sugar with the whites of the eggs, spread over the top of the pie, and set in the oven to brown. This may be served with or without cream, and will be found very nice.

CREAM PIE.—Take 2 cups thick cream, and 1 cup milk. Put the cream and milk in a tin pail, and set in a kettle of boiling water. If there is danger that the cream may curdle, put into it as much soda as will lie on the point of a pen-knife. When the cream is hot, beat the whites of 2 eggs, a tablespoon of corn-starch, and 2 heaping tablespoons of sugar all together, and add to the cream. When it thickens, let cool a little, and add a teaspoon of extract of vanilla. Pour into a deep crust already baked. Cover with a meringue and brown in the oven.

Cream Pie No. 2.—Bake a crust in a large pie-pan, lift it out on a plate; for filling, take 1 pint of very rich milk; boil $\frac{3}{4}$ of it; with the remaining $\frac{1}{4}$ stir 2 tablespoons of corn-starch; add to the boiling milk, stirring all the time; then add $\frac{1}{2}$ teacup of sugar, then the yolks of 2 eggs, well beaten and thinned with a little milk; remove from the fire, flavor with vanilla, and pour into the crust; whip the whites,



COCONUT PALM.

add $\frac{1}{2}$ teacup sugar, frost the pie, and place in the oven to brown slightly. Serve cold.

Cream Pie No. 3.—Use 1 egg, 1 cup sugar with butter size of an egg well rubbed into it, $\frac{1}{2}$ cup milk, in which dissolve $\frac{1}{2}$ teaspoon soda, $1\frac{1}{2}$ cups flour, and sift well through it 1 teaspoon cream tartar and a little salt; bake in 3 tins.

Cream Filling.—Take 1 egg, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup flour; wet the flour with a little milk, then stir it into 1 cup boiling milk, then add the egg and sugar, and a little salt; stir till thick and smooth. This is cheap, but delicious.

DATE PIE.—Prepare the dates as directed in the introduction to "Cake" (which see). Spread the lower crust on the pan, put in the prepared dates, add a little cold water, sprinkle with flour, dot with butter, put on the upper crust and bake.

THE DATE is the fruit of a palm tree. It bears bunches, weighing perhaps 25 lbs. with 200 dates. It grows extensively in Persia and throughout Asia and Africa. More than half its weight is sugar. It is a gentle laxative, and is in many cases to be preferred to figs. Dates can be used in pies, puddings, bread and sauce, and they are worthy of a more extensive use, although many people do not understand how to handle them. Dates may be used to advantage in place of citron in many kinds of cookery.

GREEN Currant PIE.—Currants fully grown, and just before turning red, make very nice pies; mix a little flour or corn-starch with the sugar used for seasoning, and bake with an upper crust. *Green gooseberry* pies are made in the same manner, first picking off the stems and blossom ends.

CUSTARD PIE.—Take 2 teacups milk, 2 eggs, 3 tablespoons light brown sugar, 1 heaping teaspoon flour, a pinch of salt. Heat the milk, but do not let it boil. Beat eggs, sugar, flour and salt together, and add the milk. Line a deep plate with plain crust, pour in the mixture, and bake in a moderate oven until there is no milk in the center. Do not let it boil, as that causes it to whey. When done, grate nutmeg on top.

Custard Pie No. 2.—The proper proportions for a rich custard pie are 4 well-beaten eggs, 4 tablespoons of white sugar, and 1 quart of milk, or milk and cream mixed. This makes the filling for a deep pie-plate with a built-up edge of crust.



DATE PALM.

Frosted Custard Pie.—Use 1 pint of milk, the yolks of 3 eggs and white of 1, 2 tablespoons of sugar, a pinch of salt. When baked, put on the frosting made of the 2 remaining whites of the eggs, beaten stiff, and 2 spoonfuls powdered sugar, a small pinch of salt, and any flavoring you choose; set it back in the oven and brown.

ELDERBERRY PIE.—Take $\frac{1}{2}$ elderberries and $\frac{1}{2}$ rhubarb, with sugar sufficient to sweeten, and bake with 2 crusts. This makes an excellent pie which cannot be distinguished from one made of raspberries, and is much cheaper. This proportion of elderberries and rhubarb makes a nice jam.

FRIED PIES.—Roll out a good biscuit dough, about 7 or 8 inches in diameter, but a spoonful of any good sauce near the center, fold the dough over it, press the edges together, and fry like dough-nuts in smoking hot fat.

FRUIT PIES, OR TARTS.—Fruit pies of all kinds may be made with an under crust only. Have the fruit stewed, sweetened and cold. Fill the crust with the fruit, place a few bits of butter over the fruit, and bake. When the pie is cool, beat the white of 1 egg and 1 tablespoon of fine sugar to a froth, spread over the pie, and brown in the oven. If a thicker meringue is liked, make with whites of 2 eggs, and 2 tablespoons of sugar. If the fruit is very juicy a little pulverized cracker can be sprinkled over the pie before baking.

Pies made in this way with one crust are often called "tarts."

Fruit pies can also be made by putting the fruit in a pudding dish, sweeten and dust over the fruit a little corn-starch, flour, or cracker-dust; put bits of butter over the fruit, and any spices liked; cover with a crust a little thicker than when there is an under crust. Bake slowly. In this way there is no danger of losing the juice of the pie.

GOOSEBERRY PIE.—Take ripe gooseberries, or green ones when fully grown, pick the stems and blow ends from them and place on the under crust. Mix a tablespoon of corn-starch in a small cup of sugar for the sweetening. Bake with 2 crusts.

GRAPE PIE.—Take 1 coffee-cup of grapes, 1 tea-cup of sugar, 1 egg, a pinch of salt, a dessertspoon of flour, and a teaspoon of butter. This makes 1 pie. Bake in 2 crusts.

HICKORY-NUT PIE.—Use $1\frac{1}{2}$ pints milk, 4 teaspoons sugar, 2 eggs, and 1 cup chopped hickory-nut meats; bake with an under crust only.

HUCKLEBERRY PIE.—Fill a pie tin, lined with paste, with the berries, and add sugar to sweeten—about $\frac{2}{3}$ cup. A pleasant tartness, which will improve the flavor, may be imparted by adding a little vinegar or lemon juice, or by mixing in some currants. Cover with a top crust and bake.

JELLY PIE.—Take 1 cup jelly, 2 cups sugar, 4 eggs, $\frac{1}{2}$ cup butter. Cream the butter and sugar, beat the yolks until light and stir them in, then add the beaten whites and last the jelly. A small piece of this served on the same plate with apple or peach pie is nice.

LEMON PIE.—Line a pie plate with a good crust and bake. For the filling take 1 cup sugar, grated rind and juice of 1 lemon, yolks of 3 eggs, 2 tablespoons corn-starch (a little heaping); stir sugar and yolks together, add the lemon juice, then add the corn-starch and stir well together; add $1\frac{1}{2}$ cups boiling water, put on stove and cook carefully until thick, and then pour into the baked crust. For the meringue beat the 3 whites of eggs stiff, add 2 tablespoons sugar, put over top and brown delicately in oven.

LEMON PIE WITH UPPER CRUST.—Grate the yellow part of 2 lemons into a dish, peel off the white and throw away; then cut up the lemons with the grated yellow, add 5 eggs, if they are plenty, if not, 4 will do; add 2 cups of sugar, a little salt, and 2 tablespoons of water. Line your pie-tins with a flaky crust, and divide the filling for 2 pies; put on an upper crust, and bake in a quick oven, and you will find it a delicious dessert.

MINCE PIES.—These generally come on Thanksgiving day for the season; they are better when a few days old. It is better to make the mince-meat a week before Thanksgiving, and the pies in time to stand at least 3 days. Boil 6 lbs. lean beef till tender, let it stand over night and then chop fine; chop 1 lb. beef suet, also 5 lbs. apples, and 2 lbs. seeded raisins; slice thin $\frac{1}{2}$ lb. citron, and mix these ingredients, with 2 tablespoons cinnamon, and 1 tablespoon grated nutmeg.

HINTS—We may offer a few hints about mince pies. Dried apples, soaked in water a few hours, or over night, or Irish potatoes soaked in the same way in vinegar, make a very fair substitute for fresh apples in mince pies. Fresh apples can be washed, wiped dry, and chopped fine without peeling, and some labor saved thereby. Dried cherries and other fruit, prepared with sugar, can be soaked 10 or 12 hours in a very little water, and then both water and fruit used instead of raisins. They will be much cheaper and will answer very well. Economical housewives will often find hints like these very serviceable.

Canned Mince Meat.—If mince meat is canned hot, in the same manner as fruit, put in glass jars; sealed tight, and kept in a cool, dark place, it will keep for months. A quart jar full will hold enough for 2 pies, and in this way mince pies can be had the year round, as well as in winter.

MINCE MEAT.

3 bowls of meat, chopped.	1 bowl molasses.
2 bowls cider.	2 bowls raisins.
4 bowls sugar (use 5 if liked very sweet).	1 tablespoon cloves.
3 lemons, use juice and yellow rind.	1 tablespoon pepper.
5 bowls of apple.	1 bowl vinegar.
1 bowl suet.	1 bowl citron.
2 tablespoons cinnamon.	1 tablespoon salt.
	3 nutmegs.

A bowl holding about $1\frac{1}{2}$ pints is used for measuring

MOCK MINCE PIE.

1 cup rolled crackers.	2 teaspoons cinnamon.
$\frac{1}{2}$ cup boiled cider.	1 cup molasses.
1 teaspoon of cloves.	1 cup chopped raisins.
1 cup sugar.	$\frac{1}{2}$ cup vinegar.
1 cup hot water.	1 teaspoon nutmeg.

MOCK MINCE PIE No. 2.

1 cup dried English currants.	1 cup sugar.
1 teaspoon cinnamon.	1 teaspoon allspice.
1 cup sour cream.	1 egg.
1 teaspoon cloves.	

This will make 2 pies. Bake in 2 crusts.

SUMMER MINCE PIES.

1 cup bread crumbs.	1 cup molasses.
1 cup sugar.	1 cup raisins.
1 teaspoon cloves and cinnamon.	$\frac{1}{2}$ cup butter.
1 cup water.	

ORANGE PIE.—Take 1 cup sugar, 1 tablespoon butter, 1 tablespoon corn-starch, 1 teacup boiling water, yolks of 3 eggs, juice and grated rind of 1 orange. Mix all together. Bake in an open shell. When set, cover with a meringue made with the whites of the eggs, and brown in the oven.

Orange Pie No. 2.—Use the grated rind and juice of 2 oranges. Cream 1 tablespoon butter with 4 tablespoons sugar; into this beat the yolks of 3 eggs, then the whites of 2, beaten stiff, and mix all with the orange juice and the rind. Bake with an under crust only; make a meringue with the reserved white, spread over the pie, and lightly brown in the oven.

PEACH PIE.—Peel and halve peaches, and fill a pie-plate lined with good paste with them; sprinkle $\frac{1}{2}$ cup sugar over the fruit, sift on 1 tablespoon flour (less, if the fruit is not juicy), and a few bits of butter; bake until the peaches are done.

THE PEACH tree belongs to the Rose order, is a native of Persia and greatly resembles the almond-tree. All the varieties are divided into 2 classes—"freestones" and "clingstones," the former being the best. Too much down on a peach is a sign of inferior quality. Although a delicious fruit it contains little nutritive matter. It contains little sugar, but the malic acid it contains is masked by its pectose. The skin is indigestible. Its acid is principally tartaric. The kernels of peach stones yield an oil identical with that of bitter almonds.



PEACH COBLER.—Take a good sized dish like a pudding-dish; line the sides with good paste, and fill the dish with good peaches, halved and pared; sweeten according to taste and the flavor of the peaches. Place a small cup in the center to keep the crust from sinking down; roll out a crust considerably thicker than for pies, just large enough to cover the top of the dish, cut a slit each way in the center and place over the peaches; bake a crisp brown, and eat with cream and sugar, or sweet sauce. Canned peaches may be used if more convenient.

Apple Cobler may be made in the same way.

PEAR PIE.—The pears should be ripe and mellow enough to eat; core and slice them and prepare a crust as for apple pies; put a small amount of sugar on them, and a few bits of butter, but no spices. Bake until the top crust is of a nice light brown color, and the under crust will slip on the plate. This, from the taste, might be called *honey pie*.

PINEAPPLE PIE.—Grate or chop the "Pine" (see Pineapples in chapter on fruits), line a deep pie-dish with nice short paste, stir a tablespoon of arrowroot or corn-starch into $\frac{1}{2}$ cup of sugar and cover the pineapple in the pie-dish; wet the edge of the under crust with cold water or the white of an egg, cover with the top crust, cutting a place in the center, and bake. Press the edge of the pie all around, and bake until of a delicate brown on top and the crust will slip on the pie-plate.

POTATO PIE.—Use $\frac{1}{2}$ cup melted butter, 2 cups sugar, 3 eggs, well beaten, 1 quart potatoes boiled and sifted, $1\frac{1}{2}$ cups milk, salt and nutmeg, and flavor with orange or lemon juice. Bake with an under crust only, to a light brown. Eat when a little warm.

SWEET-POTATO PIE.—Boil the potatoes until soft, mash them through a colander and for every $\frac{1}{2}$ pint add 2 tablespoons of sugar and 2 eggs, with milk to make a quart. This fills a deep pie-plate, with crust build above the edge of the plate as for custard pie, and it is done when the center is not milky.

PRUNE PIE.—Stew prunes as for sauce, stone them, have ready a deep pie-dish lined with puff paste, fill this dish with the stoned prunes, sprinkle over them $\frac{1}{2}$ cup sugar and a little cinnamon. Bake it with an upper crust, or cover it with deep frosting made of the whites of 2 eggs, powdered sugar to taste, and any flavor desired.

PUMPKIN PIE.—Pare and stew the pumpkin till it is soft and dry. It must be cooked slowly to the last, to prevent scorching. Press through a colander, and to 1 cup of the sifted pumpkin, add 1 egg, 3 tablespoons molasses, $\frac{1}{2}$ cup of sugar, a pinch of salt, 1 teaspoon ginger (or cinnamon), and 1 pint of milk. This will fill 1 pie on a large plate. Bake like a custard, in rather a slow oven, till a golden brown.

Pumpkin Pie No. 2.—For 3 pies take 1 pint of cooked, strained pumpkin, 1 quart of nice rich milk, 5 eggs, $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup of butter and 2 tablespoons of cinnamon. (Ginger may be used instead of cinnamon if preferred.)

In pumpkin or squash pie 1 tablespoon of flour may be substituted as the equivalent of 1 egg.

RAISIN PIE.—Take the seeds from 1 cup of raisins, add 1 cup of water and boil until the raisins are soft. When cold, add the juice and grated rind of 1 lemon, 1 cup of rolled crackers, and sweeten to taste. Bake in 1 crust, and when cool cover with a meringue, and slightly brown in the oven.

RAISINS are dried grapes. There are 2 ways of preparing them. One way is to partially cut through the stalk, and then let the fruit shrink and dry on the vine, by the heat of the sun. The other method is to dip them while yet on the vines into a hot solution of alkali, derived from wood ashes, to which olive oil and salt are added. The oil causes them to shrink and wrinkle, and the alkali removes the waxy coat which impedes their drying. They are then dried in the sun in bunches, on lines or prepared floors. Muscatels are prepared by the first method, and are sometimes called "raisins of the sun." Raisins contain more sugar and less acid than grapes, and are therefore more nutritious, but eaten to excess they are apt to derange the digestive organs.

RHUBARB PIE.—The giant variety with red stalks is the best to use. Cut the stalks in half inch pieces; after it is cut pour boil-



RAISIN GRAPE.

ing water over it and let it stand 20 minutes; pour that off and repeat the process with boiling water; this extracts much of its oxalic acid and partly cooks it without breaking it in pieces. Mix the sugar with a little corn-starch. Bake in 2 crusts. The flavor is improved by adding a little orange. A little nutmeg added to rhubarb pie will improve the flavor and make it taste much like apple.

NOTE.—If a little baking soda is mixed with the fruit (say $\frac{1}{2}$ a saltspoon to each pie) the alkali will neutralize the oxalic acid of the rhubarb and *much less* sugar will be required for sweetening—a fact worth knowing.

RICE PIE.—To 1 cup steamed rice add 3 cups cream; sweeten to taste, and flavor with cinnamon; beat the whites of 2 eggs to a froth, then beat all together and put in a deep pie-plate, with under crust only. Bake about $\frac{1}{2}$ hour.

SQUASH PIE.—To 1 pint of squash, boiled and passed through a sieve or colander, add 3 eggs, 1 heaping teaspoon corn-starch, 1 teaspoon vanilla, and milk to make it soft; sweeten to taste. This makes a large, thick pie.

STRAWBERRY PIE.—Make a rich butter crust to line the pie-plate; fill in the berries, and for each pie use for sweetening about $\frac{1}{2}$ cup of sugar and a tablespoon of corn-starch mixed with the sugar; bake with an upper crust.

TOMATO PIE.—Into a tin lined with puff paste, slice ripe tomatoes; sweeten with sugar; sprinkle on 2 teaspoons flour, and add a little lemon juice for flavor; put on a top crust and bake.

TRANSPARENT PIE.—Take yolks of 3 eggs, 3 tablespoons of sugar, $1\frac{1}{2}$ tablespoons of butter; beat well together, flavor to suit taste, and bake in 1 crust only of rich puff paste. Cover with a meringue, if desired.

VINEGAR PIE.—Take 1 cup sugar, $\frac{1}{2}$ cup vinegar, 1 tablespoon butter, 3 tablespoons of flour, 2 cups of water, 1 teaspoon of cinnamon. Boil till thick, pour into the crust and bake.

WASHINGTON PIE.—For the crust, use 2 cups sugar, $\frac{1}{2}$ cup butter, 3 cups sifted flour, 4 eggs, $\frac{1}{2}$ teaspoon cream tartar; for the filling, 1 tablespoon corn-starch, boiled in $\frac{1}{2}$ pint milk; beat the yolk of 1 egg very light, and stir into the milk; flavor with vanilla, and, when cold, add the other half of the milk and the white of the egg, beaten to a stiff froth and stirred in quickly; spread this between the cakes, and ice it with the white of 1 egg and 8 tablespoons of finely sifted sugar, flavored with lemon.

TARTS.

TARTLETS.—Cut rounds of rich pie-crust, put a strip of the same around the edges and bake; when wanted, a little jam, jelly or preserves can be placed in each one before serving.

CRANBERRY TART.—Stew a pint of cranberries with a very little water, and sweeten while hot. When cold, if not sweet enough, add more sugar. Bake with an under crust, and when the tart is cool cover with a meringue, and brown in the oven.

GOOSEBERRY TART.—Stew the gooseberries until they are soft, in a very little water, but be careful and not break them; drain the water from them, put them on a bottom crust, sprinkle a layer of sugar over them, then lay twisted strips of puff paste across in diamond shape, or bake the crust separately in heart-shapes, (see "Flauns") and lay it on the tart after baking in one crust.

LEMON TARTS.—Mix together thoroughly 1 pint sugar, 3 eggs, well beaten, 1 tablespoon butter, and 2 whole lemons grated; set it on the stove, stir until it boils up, and put aside to cool. Fill into tarts at any time, as it will keep for weeks.

PINEAPPLE TARTS.—Cut as many heart-shaped pieces of puff paste as the pie is to be divided into; bake them in a tin in the oven until they are light and brown; line a pie-plate with nice pie-crust, or puff paste, and bake that. Take a grated pineapple, stew until tender in a very little water, then add $\frac{1}{2}$ cup of sugar mixed with corn-starch, and stir until it is thick; then pour it into the baked bottom crust to cool. When cool and solid, brush over the top with the white of an egg, lay a heart of puff paste on each division of the tart, and it will adhere to it when dry. Arrowroot or crack-er-dust can be used instead of the corn-starch, in fruit pies or tarts if preferred.

STRAWBERRY TART.—Sprinkle sugar over the berries and let them lie over night; before using, drain off the juice, and bake the fruit in one crust, with strips of paste twisted and crossed over the tart in diamond shape; or puff paste may be baked in heart shape and laid on the tart after it is baked.

The juice drawn from the berries can be boiled with added sugar, and the syrup bottled and sealed while hot, to be used in pudding sauces, or diluted with water for a summer beverage.

Canned strawberries and other small fruits can be made into tarts in the same way by draining off the juice.

FLAUNS (*Parisian Tarts*).—Stew fresh fruit of any kind as for a compote—that is, it should be somewhat sweeter than for fruit sauce, but not like preserves. Make a plain crust and line pie-plates, cover them thickly with the stewed fruit, and bake without an upper crust. Have some nice puff paste, cut it with a heart-shaped cookey-cutter, and bake the hearts separately in a hot oven on baking-tins; when the flauns are cold, and the paste cooled after baking, brush over the tops of the tarts with the beaten white of an egg; then place a heart of paste over each part of the tart to be cut for each person; the points or the hearts are to be turned toward the center of the tarts.

SHORTCAKES.

Make a soft dough as for baking powder biscuit (see “Baking Powder Biscuit”); take it on the molding-board and divide the dough into 2 parts, making it up lightly in round masses; do not mold or knead it, but flatten each piece of dough down into buttered jelly-cake tins, or any round pans; bake quickly and turn each one on a dinner plate; slice off the top of each one, butter each piece, spread with the prepared fruit, place one-half on the other, and have fruit on top. This makes 2 cakes, which, cut in quarters, will serve 8 persons. For 1 cake use $\frac{1}{2}$ cup milk for mixing, and other ingredients in proportion.

The fruit used should be prepared with sufficient sugar and ready at hand, so that there will be no delay when the cakes are taken from the oven.

A little fine white cornmeal added to the flour in making shortcake is thought an improvement and much relished by some people.

STRAWBERRY SHORTCAKE.—Prepare the cake as above, split it, butter, and spread on the berries. If small they can be sweetened and spread on whole; if large they can be mashed or chopped and sweetened, and then spread on. Chopping is better than mashing the berries. Serve with cream.

APPLE SHORTCAKE.—As soon as the cake is baked, split it open, spread one piece with butter, spread it with well-sweetened apple sauce, pour on some thick sweet cream, grate on nutmeg, then lay on the other piece and cover it the same way.

BANANA SHORTCAKE.—Slice the bananas and mix with oranges in the proportion of 3 bananas to 1 orange; grate the outside

of the orange peel and mix it with 1 cup of sugar; spread the whole over the buttered cakes. It is an improvement to add 4 tablespoons of sweet cream, beaten stiff.

BERRY SHORTCAKES.—Any of the small berries, like raspberries, blackberries, or blueberries, make nice shortcakes. Sweeten the berries and make like strawberry shortcake. *Black and red raspberries* mixed, or *raspberries* with a few ripe *currants* mixed in make delicious shortcakes.

CRANBERRY SHORTCAKES.—Stew the cranberries, make them quite sweet, and spread on the prepared cake.

FRUIT SHORTCAKES.—Any kind of stewed or canned fruit can be used for shortcake. Apples, rhubarb, or pears stewed and sweetened to taste are nice; prepare the fruit, have it ready, and spread it on the shortcake as soon as that is baked.

JAM SHORTCAKE.—Bake the shortcake, split it, and spread on raspberry or other jam, as for layer cakes, only thicker. Serve with cream.

PEACH SHORTCAKE.—Slice and sweeten the peaches, and spread on the buttered cakes, as directed for other shortcakes.

Apricots, or any other kind of fruit, may be used the same way.

ORANGE SHORTCAKE.—Make a shortcake, as before described; then slice oranges, and put in layers of these, with sugar and cream. Serve with sweetened cream.

For chicken shortcake see page 154.

PUDDINGS AND DUMPLINGS.

IN making pudding all the materials—butter, eggs, milk, and fruit—should be good. After cutting *suet* into slices and freeing it from fibrous matter, chop it finely, dredging it lightly with flour during the process to keep the pieces from sticking together. Suet or milk, which is tainted in the least, will ruin a pudding. *Fruit*, when added, should be stirred in the last thing, the same as with cake. *Wet fruit* will make the pudding heavy, so have it *dry* before putting it in the pudding. The rules for preparing raisins and currants are the same as for “*Cake*” (which see). See also what we say there about grating lemon or orange peel.

Have all spices and almonds, which are used, finely powdered. Break eggs separately, for 1 bad one will spoil the others; beat yolks and whites separately. It is a good plan to strain the yolks; add the whites last. A pinch of salt is an improvement to all puddings, but add it sparingly, as its flavor should not be detected. Do not add eggs to boiled milk till it cools a little, or they will coagulate into little lumps.

Sugar should be used sparingly, as an excess of sugar is the cause of many a broken pudding.

The ingredients for pudding are generally better for being mixed some time before they are wanted. A batter pudding is better for standing a while. When you make a batter pudding, first mix the flour well with milk, and stir in the other ingredients by degrees; it will then be smooth and quite free from lumps. Another good way is to strain it through a coarse hair sieve.

The Cloth Used.—A thick cloth is best for boiling large puddings. Canton flannel, with the nap side out, is excellent, although some cooks use muslin. Dip the cloth into boiling water before putting in the pudding, then wring it, spread it over a basin, and dredge it evenly and thickly with flour; then put in the pudding, gather up the corners of the cloth, and tie them. If it is a bread pudding, tie it loose; if a batter pudding, tie it nearly close; fruit puddings should be tied quite close. As soon as possible after it is taken off of the pudding the cloth should be soaked in water, and then well washed, without soap unless it is very greasy. Then dry it well, fold it up, and keep in a dry place. It is perhaps needless to state that there should be no holes in the cloth.

TO BOIL PUDDINGS.—The correct method is to put them at first into *boiling* water, and it should be *kept boiling* until they are done. Never keep them *simmering* in moderately hot water, as active *boiling* is what they need. The principle is the same as described for cooking vegetables. Always beat up the pudding just before pouring it into the cloth. Keep the pudding *covered* with water, and if it boils away pour in more water which is *boiling*. Move puddings occasionally, to keep them from sticking to the kettle. An inverted plate or saucer in the bottom of the kettle will save the pudding from burning or sticking to the bottom. When the pudding is done, lift it out and dip it at once in cold water, let it stand to cool a minute, and the cloth will not adhere to it, nor will it break; untie the cloth and turn it away from the pudding, place a hot dish on top of it, and turn the pudding into it. If boiled in molds, treat the same way. Serve immediately, for if a pudding is allowed to stand, it will darken, fall, and be ruined. When preferred, the pudding may be boiled in a basin, but first grease the basin or mold well, and after putting in the pudding, tie a floured cloth over it.

Time to Boil.—There is an old saying that puddings cannot be too well boiled; and certainly there is more danger of boiling them too short than too long a time. They need to boil from 2 to 4 hours usually.

STEAMING.—As a rule puddings will be lighter and better if they are steamed rather than baked or boiled. Put them into a well-greased tin pan or earthen dish, dredge a thick cloth with flour, tie it on top, set the dish in the steamer and cover it closely. Put the steamer over *boiling* water, which should be *kept* boiling, and during the whole process of steaming do not remove the cover.

Time to Steam.—It takes a little longer to steam than to boil a pudding, and the steaming should be thorough. It will take from 2 to $4\frac{1}{2}$ hours to steam puddings well.

BAKING.—When baked puddings are sufficiently solid, turn them out of the dish they were baked in, bottom uppermost, and strew finely sifted sugar over them. If the outside of baked puddings are sufficiently brown, and yet they are not baked through, put a piece of white paper over them which will prevent the top from burning before they are thoroughly cooked. Puddings made of custard require more care in baking than others, and should never remain in the oven until they become watery; they will be thicker and richer if made with 1 egg and baked slowly, than if made with 3 eggs and baked

quickly. Any pudding in which milk and eggs are used, will separate if the oven is too hot, and it should therefore be cooked at a low temperature.

The time to bake depends on the pudding, a rice or tapioca pudding baking in about 1 hour, while a plum pudding takes 2 or 3 hours.

TO CREAM BUTTER.—In making cake and the better class of puddings it is often desirable to beat the butter to a cream before using it. Put the butter in an earthenware vessel (but do not use tin or iron, as they will discolor it), and beat it with a spoon or fork—a wooden or silver fork or spoon is best. After beating it about, the butter gradually comes back into a creamy state, but thicker than cream itself, and is then “creamed butter.” If cold, warm the vessel by pouring hot water in it; then wipe it dry before using it.

PUDDING SAUCES.

Do not boil a sauce after adding the butter. If sugar and cream are served for a pudding sauce, pass them separately, letting each one use what their taste desires.

Caramel.—This makes a fine flavoring for sauces as well as soups, and can be prepared as directed for soups. The prepared caramel can be used if you have it on hand. (See the recipe for preparing it, given in our article on colors for frostings, in the chapter on Cake.)

Caramel Syrup.—Sprinkle a tablespoon of sugar over the bottom of the frying-pan and put over the fire until it bubbles brown and begins to smoke, but do not let it burn black; then add a pint of water, and let it boil until the caramel is dissolved; then add 2 cups granulated sugar and melt to a syrup. If liked heavier, add more sugar. This makes a fine substitute for maple sugar, and has much the same flavor. It is also excellent with griddle cakes.

Substitute for Cream.—Use 2 cups sweet milk, yolk of 1 egg, 1 teaspoon of flour, sugar to sweeten, and any flavoring desired. Boil the milk, beat the egg and flour with sugar enough to make quite sweet; stir this into the milk when that boils, and let it simmer (not boil), stirring it well; flavor to taste when it cools. This is better than thin cream, and good for any pudding in which eggs are used.

ACID PUDDING SAUCE.—Mix together thoroughly 1 cup sugar, $\frac{1}{3}$ cup butter, and 2 tablespoons flour; add a little vinegar or

juice of some acid fruit, and a little nutmeg; pour on about 2 cups of boiling water, and boil a few minutes.

BERRY PUDDING SAUCE.—Use 2 eggs, $\frac{1}{2}$ cup butter, and 1 cup sugar beaten well, with 1 cup boiling milk, and 1 cup berries, steamed apples, or any fruit (chopped) you may have. Or (2) cream $\frac{1}{2}$ cup butter with 1 cup sugar, add 1 cup of any fresh berries and stir well together. Jam or marmalade can be used instead of the berries.

BROWN PUDDING SAUCE.—Take the yolk of 1 egg, $\frac{1}{2}$ cup of butter, 1 cup of sugar; stir all to a cream, and add the whites of 2 eggs, and a little nutmeg.

CIDER SAUCE.—Use 1 tablespoon of flour, 2 tablespoons of butter, 4 tablespoons of boiled cider, 1 cup brown sugar, $\frac{1}{2}$ cup boiling water. Mix the flour and butter, stir in the sugar and cider, add the boiling water, mix all thoroughly, and simmer a little while.

CREAM SAUCE.—Sweet cream, either alone or sent with white sugar, makes an excellent sauce for most puddings; it is sometimes flavored.

WHIPPED CREAM SAUCE.—Whip 1 cup ice cold sweet cream and $\frac{1}{2}$ cup powdered sugar; add 1 teaspoon vanilla or lemon. The beaten whites of 1 to 3 eggs are often added. Nice with fruit puddings, or to cover slices of sponge cake.

Use also the "Mock Whipped Cream" given among our fillings for cake. It is delicious.

DELICATE PUDDING SAUCE.—Scald a teacup of sweet milk, beat the yolks of 2 eggs with $\frac{2}{3}$ cup of brown sugar, and stir in; when it is thick as custard remove from the fire, and when cool add whatever flavoring you choose, and the whites of the eggs beaten to a stiff froth.

DUTCH SAUCE.—Take the juice of 1 lemon, and whites of 2 eggs. Beat together with sufficient sugar to give the proper consistency.

EGG SAUCE.—Beat to a cream 1 cup sugar, and $\frac{1}{2}$ cup butter, add 1 egg, beaten separately, and set it over a kettle of hot water.

FOAMING SAUCE.—Use 1 cup sugar, 2 eggs, 1 tablespoon of boiling water. Beat the sugar and yolks together; pour the boiling water over. Beat the whites of eggs to a stiff froth and stir in last.

Foam Sauce, No. 2.—Take the yolk of 1 egg and beat it with 1 cup sugar and butter the size of an egg, until light, add boiling water and set it over a kettle until cooked; flavor with lemon juice; beat the white of the egg to a stiff froth and add the last thing.

FRUIT JUICE SAUCE.—Take $\frac{1}{2}$ pint of any kind of fruit juice, like apricot, peach, etc., add 1 teaspoon of flour or corn-starch and $\frac{1}{2}$ cup sugar; mix well, boil 5 minutes, and strain.

GOLDEN SAUCE.—Beat 1 heaping tablespoon of butter into 1 cup of powdered sugar until light; stir into this the yolks of 3 eggs and 3 tablespoons of milk or cream, and add the stiffly beaten whites of the eggs. Set the bowl in which the sauce is being made in a kettle of boiling water, and stir constantly until it thickens, but no longer; add lemon or vanilla when the sauce is done.

JELLY SAUCE.—Use 2 tablespoons of jelly, 2 heaping tablespoons of sugar, $\frac{1}{2}$ teaspoon of corn-starch and water. Melt the jelly and sugar in $\frac{1}{2}$ pint of boiling water; then dissolve the corn-starch in $\frac{1}{2}$ cup of cold water and stir it in; bring to a boil and it will be done. Any jelly can be used.

HARD LEMON SAUCE.—Mix the grated rind of 1 lemon with 2 cups sugar, and beat it to a cream with 1 cup butter; then thoroughly mix with the sauce the strained juice of the lemon.

Hard Vanilla Sauce is made by beating to a cream 1 cup butter and 2 cups sugar, and then mixing in 1 teaspoon vanilla extract. Either of these go well with plain boiled rice.

LEMON SAUCE.—Cream together 1 cup sugar and $\frac{1}{2}$ cup butter; add the juice and grated rind of 1 lemon, 1 egg well beaten, and 1 teaspoon grated nutmeg; set the dish containing it in a pan of hot water, add $\frac{1}{2}$ cup boiling water, and stir 5 minutes. Keep hot until used.

Lemon Sauce, No. 2.—Take 1 cup of sugar, juice and grated rind of 1 lemon, 2 cups water, 1 tablespoon corn-starch; boil from 8 to 10 minutes.

LOMBARD SAUCE.—Heat 2 cups cream slowly, set in a saucepan of boiling water; when scalding hot, remove it from the fire, add 4 teaspoons powdered sugar, and $\frac{1}{2}$ teaspoon grated nutmeg; stir 2 or 3 minutes, add the whites of 2 eggs, beaten stiff, mix thoroughly, add 1 teaspoon vanilla to flavor, and set in a pan of hot water to keep hot till served, stirring occasionally.

MAPLE SAUCE.—Beat well together 2 cups maple sugar, juice of 2 lemons, 2 eggs, and butter the size of a walnut; steam 20 minutes. Good also on fritters.

MAPLE SUGAR SAUCE.—Shave maple sugar into a bowl of thick, sweet cream. It makes one of the best of sauces for cornmeal pudding.

MILK PUDDING SAUCE.—Take 1 egg, $\frac{1}{2}$ cup butter, 1 cup of sugar; mix thoroughly together, and then pour over them 1 cup boiling milk. Flavor with nutmeg or vanilla.

MOLASSES SAUCE.—Use 1 tablespoon of butter, $\frac{1}{2}$ cup of water, 1 cup of molasses, $\frac{1}{2}$ teaspoon of cinnamon (or nutmeg), $\frac{1}{4}$ teaspoon of salt, juice of 1 lemon. Mix all together, and boil 20 minutes. Good for rice or apple puddings.

ORANGE SAUCE.—Use 1 cup hot water, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 heaping tablespoon of corn-starch wet in the strained juice of 2 acid oranges (the red, or blood oranges are the best); boil the water, sugar and orange peel until the sugar is dissolved; then add the corn-starch and orange juice, and let boil until it thickens; take out the orange peel and add the butter, with 1 saltspoon of salt; stir well together, and serve.

PINEAPPLE SAUCE.—Use 4 tablespoons sugar (heaping), 2 tablespoons of butter, white of 1 egg (beaten), pineapple to flavor. Mix the sugar, butter and beaten egg, and add the flavor. Shape it into a pyramid, and make the sides like a pine-apple, using the point of a teaspoon. Any other flavor can be used, if preferred.

PLAIN PUDDING SAUCE.—Beat together thoroughly, 1 tablespoon butter, 4 tablespoons sugar, and 1 tablespoon flour; add the white of 1 egg, well beaten, and $\frac{1}{2}$ cup *boiling* water, and any flavoring desired. This makes a good sauce for ordinary uses, although most sauce recipes call for more butter. It goes well with any hot pudding.

PLUM PUDDING SAUCE.—Rub 2 spoons of corn-starch smooth with a little milk, and stir it into 1 pint of boiling water; add a large piece of butter, and use currant jelly to flavor it with. It may be well to know that a good foundation for plum pudding sauce is the liquor in which it was boiled, as that is quite rich.

Plum Pudding Sauce No. 2.—Use fresh butter and pulverized or granulated sugar beaten together until the mixture becomes of the consistency of cream.

SWEET PUDDING SAUCE.—Beat to a cream $\frac{1}{2}$ cup butter and 1 cup sugar; thicken $1\frac{1}{2}$ cups boiling water with a very little corn-starch (just enough to make it creamy); let it boil, draw to the back of the stove, and stir the butter and sugar in quickly. Flavor with vanilla, lemon, nutmeg, or anything preferred.

VANILLA SAUCE.—Use the yolk of 1 egg, whites of 2 eggs, $\frac{1}{2}$ cup sugar (powdered), 3 tablespoons sweet milk, 1 teaspoon of

vanilla. First beat to a stiff froth the whites of 2 eggs; beat the sugar in next; then the yolk of egg, and the milk and vanilla last. Serve at once. Most suitable for light puddings.

VINEGAR SAUCE.—Use 1 tablespoon of flour, $1\frac{1}{2}$ tablespoons of vinegar, 1 cup sugar, 2 cups boiling water, 1 teaspoon of butter, a pinch of salt, nutmeg. Mix the flour in a little water and stir in the vinegar, sugar, salt and nutmeg; add the boiling water, and boil 10 minutes; add the butter last, just as it is about to be taken from the stove.

WHITE PUDDING SAUCE.—Take 1 cup granulated sugar, 1 tablespoon butter, and a little salt, pour on 1 cup boiling water, and, when it boils, thicken with 1 large tablespoon of flour blended in 3 of milk; boil 1 minute, flavor with lemon, take from the fire, and stir in the whites of 3 eggs beaten to a stiff froth, with 1 tablespoon of powdered sugar added.

PUDDINGS.

Puddings are less expensive than pies, and they are also much more wholesome.

ALMOND PUDDING.

1 pint of milk.	1 teaspoon lemon essence.
2 ounces of almonds.	3 tablespoons of flour.
4 ounces of sugar.	1 ounce of butter.
3 eggs.	

Boil the milk and let it cool; beat the eggs lightly with the flour; blanch the almonds, and pound in a mortar to a paste with the essence of lemon, or use peach water; melt the butter in the milk, add the sugar and pounded almonds, and beat all well together. Bake in buttered cups, or small molds.

The almond is the fruit of a tree which grows to a height of 20 to 30 feet, and resembles the peach. There are 2 varieties, the sweet and the bitter. The bitter are smaller and thicker than the sweet, and contain prussic acid, a most active poison. In domestic economy the sweet should always be used in preference to the others. Although considered nourishing they often disagree with those of weak digestion.

APPLE PUDDING.—Use $1\frac{1}{4}$ lbs. peeled apples; make it into apple sauce, sweeten and spice to taste, add 4 eggs, a piece of butter $\frac{1}{2}$ the size of an egg, and flour to stiffen; bake in a quick oven. Serve with a good sauce, or sugar and cream.



ALMOND.

APPLE INDIAN PUDDING.

1 cup Indian meal.	2 teaspoons salt.
1 cup molasses.	3 tablespoons butter.
A little ginger and nutmeg.	1 quart apples, pared and quart-
2 quarts milk.	ered (not too sour).

Scald the milk and pour it gradually on the meal; put this in the double boiler and cook $\frac{1}{2}$ hour, stirring often. Butter a deep pudding dish, add molasses, butter, spices and apples to this mixture, and bake in a slow oven 3 hours. If any remains it may be eaten cold with cream or milk next day.

BERRY PUDDING.

1 cup milk.	1 tablespoon melted butter.
3 cups flour.	2 tablespoons baking powder.
1 egg.	1 $\frac{1}{2}$ cups berries or fruit of any kind.

Steam 2 hours.

No. 2.—Mix 1 cup sugar ($\frac{1}{2}$ cup will do very well), 2 tablespoons butter, add 2 cups flour with 2 teaspoons baking powder sifted into it, a pinch of salt, 1 cup milk and 1 egg; cover a buttered pudding dish thick with berries, pour this batter over them, and bake about 40 minutes. This is delicious with fresh blackberries, but is nearly as good with apples peeled and sliced, or with *canned* huckleberries or blackberries. *For sauce*, use 3 tablespoons sugar, 2 tablespoons butter, 1 egg, and flavoring.

BIRD'S NEST PUDDING.

Flour enough to make a stiff batter.	1 egg.
	1 teaspoon of soda.
1 pint sour milk.	A little salt.

Pare 4 or 5 apples, take out the cores, place in a buttered dish and pour over the batter. Bake about $\frac{1}{2}$ hour. Use hard sauce or cream.

BLACK PUDDING.—Sift 2 teaspoons baking powder into 1 cup flour, add 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ground cloves, a pinch of salt; wet with milk till smooth, and add 1 cup molasses, 1 tablespoon butter, 1 egg; bake in a greased pudding dish $\frac{3}{4}$ hour. Use foam sauce or hard sauce.

BREAD CRUMB PUDDING.—Take 1 teacup of dried crumbs, soak with boiling water, add 2 cups milk, 2 eggs, a full $\frac{1}{2}$ cup of sugar, a pinch of salt, a teaspoon of flavoring, and bake. It will be an improvement to cover it with a meringue and brown in the oven when cool; or spread a little jam on top.

BREAD PUDDING.

2 cups bread crumbs soaked in 4 cups milk.	2 eggs (well beaten). 1 teaspoon salt.
1 teaspoon butter (heaping).	1 saltspoon nutmeg.
$\frac{1}{2}$ cup white sugar.	

Stir well together and bake in a buttered pudding dish $\frac{3}{4}$ to 1 hour.

A nice dessert is made by stirring into a common bread pudding almost any kind of fruit, such as apples, raisins, peaches, prunes, dates, figs, cranberry sauce, jelly etc.; then bake. Many varieties are thus easily produced.

BREAD PUDDING No. 2.

1 quart of milk.	1 small cup sugar.
1 pint bread crumbs.	$1\frac{1}{2}$ teaspoons vanilla extract.
3 eggs.	A small piece of butter.

Beat the yolks of eggs and stir them with the rest of the ingredients, reserving the whites for the top. Bake the pudding 25 minutes, then take it from the oven, spread a layer of currant jelly over the top; beat the whites of the eggs to a stiff froth, with 1 tablespoon of sugar, spread this on top of the jelly, return to the oven to brown on top. Raspberry jam is equally as good as jelly for this pudding. Serve with cream or a hot sauce.

BERRY BREAD PUDDING.—Cut stale bread in even slices, pare off the crust, and butter each slice; put the largest slice on a platter, cover it with canned huckleberries or blackberries which are heated scalding hot; put on another slice, cover it with the berries, and so on till all is used, and you have a neat mound of pudding. This may be covered and kept hot in the warming closet until serving time, and eaten with hard sauce, or made early in the day and served cold with sugar and cream—it is delicious either way. If the berries are very sweet, adding 2 or 3 tablespoons of vinegar is an improvement.

STEAMED BREAD PUDDING.

1 pint bread crumbs.	1 cup raisins.
1 cup molasses.	1 teaspoon soda.
1 cup hot water poured on the bread.	1 tablespoon melted butter.
1 cup flour.	1 egg. Spices to taste.

Steam 2 hours. Good and inexpensive.

CAKE PUDDING.—Soak slices of stale cake in lemonade and lay them in a pudding dish. Pour over it a soft custard, and cover

it with a meringue; then place it in the oven to brown slightly. To be eaten cold.

Cake Pudding No. 2.—Cut thin slices of stale cake of any kind, enough to fill a pudding dish $\frac{2}{3}$ full; then make plain "sweet sauce" enough to cover all, and let it stand in the oven until time to serve. A little lemon, or other fruit juice, can be added to the sweet sauce if liked.

Cake Pudding No. 3.—Put any kind of stale cake in a steamer $\frac{1}{2}$ hour before dinner, and steam it through; prepare a sauce by taking $\frac{1}{2}$ cup sugar, 1 even tablespoon of flour, a little water to moisten; stir well together, pour in $1\frac{1}{4}$ cups boiling water, grate in a little nutmeg, and boil 10 minutes; add a spoon of vinegar, and serve with the cake cut up in thick slices.

CALIFORNIA PUDDING.—Use 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk, 1 cup chopped raisins, 1 teaspoon soda, $2\frac{1}{2}$ cups flour. Steam 3 hours. Eat with whipped cream, or our mock whipped cream (which see), or with our egg sauce.

CANNED PUDDING.—Soak and wash 1 pint of tapioca, and add 3 pints of warm water, and let it stand 3 hours in a kettle of boiling water; then place in glass fruit jars a layer of sliced peaches, with sugar enough to sweeten them, then a layer of tapioca, adding alternate layers until the cans are filled; then set them in a kettle in $\frac{2}{3}$ their depth of water, let the water come to boiling and keep the jars in $\frac{1}{2}$ hour; then take them out and seal them. A thickly folded cloth must be under the jars to keep them from touching the bottom of the kettle. Tapioca and apples can be canned the same way. Serve either hot or cold, with sweetened cream, or any liquid sauce. This canned pudding is convenient in case you need a dessert in a hurry.

CHARLOTTE PUDDING.—Butter a mold, then line it with thin slices of bread well buttered, with a well-buttered slice on the bottom; fill with nice baking apples pared, quartered and cored, seasoned with sugar and spices to taste; cover it with a thin slice of bread well buttered; put a plate or tin cover over that, and bake 2 hours. Sponge cake may be substituted for bread, or slices of any plain cake, if it is preferred.

CHOCOLATE PUDDING.—Whip to a cream 1 cup sugar and $\frac{1}{2}$ cup butter; add $\frac{1}{2}$ pint of milk, and the yolks of 2 eggs well beaten; add 1 pint of flour and 1 oz. of chocolate or cocoa which has been melted over hot water and beat until smooth; then add the whites

of the 2 eggs, beaten stiff, and 1 teaspoon baking powder; put it in cups, and steam $\frac{3}{4}$ hour.

CHRISTMAS PUDDING.

1 cup finely chopped suet.	1 cup Zante currants.
1 cup seeded raisins.	1 cup molasses.
1 egg.	1 even teaspoon salt.
1 cup flour.	1 even teaspoon soda.
1 cup sugar.	Cinnamon and allspice to season.

Prepare the day before the pudding is cooked. Wash the currants and pick over carefully; then put them wet into a cooking bowl to stand over night, and all the other ingredients excepting the flour and soda; beat well. The next morning add the flour and soda, and beat, and stir together again; put in the pudding basin or mold, and steam 4 hours. The water must boil in the steamer-kettle, and be kept boiling until the pudding is taken up. Hot water from the tea-kettle can be added as needed.

CHERRY PUDDING.—Put pitted and sweetened cherries an inch deep or so, in the bottom of a pudding dish. Take 1 cup sugar, beaten to a cream with 2 tablespoons butter, add 1 egg, 1 cup milk, 2 cups flour, and 2 teaspoons baking powder; mix well, flavor with nutmeg or lemon, pour over the cherries, and bake. Then turn from the dish, having the fruit on top; and serve with warm sweet sauce. Or (2) cherries can be stirred into a common bread pudding, and then baked—see “Bread Pudding.”

The Cherry as a cultivated fruit tree is generally supposed to be of Asiatic origin. It belongs to the rose order. It bears a sub-acid fruit which is wholesome, cooling, laxative and antiscorbutic, but if not fully ripe should be eaten cautiously, as it has a tendency to disorder the bowels. Its acid is principally malic.

COCOANUT PUDDING.—Take nicely buttered slices of bread, sprinkle each one thickly with cocoanut and sugar, and put them into a pie dish. Make a custard of 2 cups milk and 2 eggs, pour it over, put bits of butter on top and bake 1 hour.

COCOANUT RICE PUDDING.—Soak 1 cup of rice in water 3 hours, then add 1 pint of milk and cook gently until it is tender; beat 5 eggs and 1 cup of white sugar together, add another pint of milk, a little salt and the rice, mix well, flavor with lemon and pour into a buttered bowl and boil steadily for 1 hour; dip the bowl into cold water after it is cooked, and let it stand about 10 minutes, turn



CHERRY.

out into a flat dish and strew all over with desiccated cocoanut. Serve with a thin boiled custard for sauce.

CORN PUDDING.

12 ears of corn.	4 eggs, thoroughly beaten.
1 quart of milk.	3 tablespoons of sugar.
Salt and pepper to taste.	

Scald the corn, then grate it, add the other ingredients, and pour into a pudding dish. Bake slowly.

CORN-STARCH PUDDING.

3 cups milk.	2 tablespoons corn-starch—in a
1 teaspoon vanilla.	little milk.
2 eggs, beaten light.	$\frac{1}{3}$ cup of sugar.

Let the milk and sugar boil before putting in the eggs, starch or vanilla. Save out the whites of the eggs for frosting, if you like.

Corn-starch, as its name indicates, is the starch extracted from Indian corn. It is light and easily digested but is not very nutritious, as it is about 84% starch, and 15% water.

NOTE.—It should be understood that starch to be digestible should be cooked about 20 minutes, and that it is not *cooked* as soon as *swollen*, as many cooks imagine. There is danger of cooking corn-starch too short a time, and so leaving it indigestible, and with a raw taste.

CRANBERRY PUDDING.—Use 1 egg, beaten light, 1 teaspoon soda dissolved in 1 cup milk, and sift 1 heaping teaspoon cream of tartar and a little salt thoroughly into 2 cups flour; add 1 cup of cranberries, and steam $1\frac{1}{2}$ hours. Serve with sweet sauce.

COTTAGE PUDDING.

1 cup of suet.	1 egg.
1 cup of sweet milk.	2 cups of flour.
1 teaspoon cream tartar.	$\frac{1}{2}$ teaspoon soda

Bake $\frac{1}{2}$ hour. Eat with hot sauce.

BAKED COTTAGE PUDDING.

1 pint of flour.	1 small cup of sugar.
1 cup of milk.	1 tablespoon of butter.
2 teaspoons of baking powder.	

STEAMED COTTAGE PUDDING.

3 tablespoons melted butter and	1 cup milk.
1 teacup sugar beaten together.	1 egg.
2 teaspoons of baking powder.	2 cups of flour.

Steam $\frac{1}{2}$ hour.

CRACKER PUDDING.—Put a layer of split crackers in a deep pudding dish, put on raisins, cinnamon, nutmeg and a little salt, and fill it $\frac{1}{2}$ full with alternate layers in this way, packing it down tightly; then put a plate over it, fill the dish with milk, and let it

stand several hours to soak. Then beat 2 eggs with 1 cup sugar, pour off any milk not absorbed and mix it with the eggs, adding more milk if needed; pour this over the pudding, leaving on the plate to keep it in shape, and bake about 2 hours. It should retain its shape when turned out, if right. Good either hot with sauce, or cold.

CRACKED WHEAT PUDDING.—To 1 quart of unskimmed milk add $\frac{1}{2}$ cup uncooked cracked wheat, $\frac{1}{2}$ cup sugar, and a little piece of stick cinnamon, and $\frac{1}{2}$ cup of any fruit preferred. Bake in a moderate oven, and when about half done stir in the crust which will be formed, leaving it to form another, which will be sufficiently brown. Test by tasting a grain of the wheat, which must be very soft. Eat when cold.

DATE PUDDING.—Soak 1 cup bread crumbs in 1 cup milk 10 minutes; add 2 beaten eggs, 2 tablespoons powdered suet, 1 teaspoon each of salt and cinnamon and $\frac{1}{2}$ cup sugar; have 1 cup dates cut into small pieces, dredge them in 1 tablespoon of flour, stir them into the pudding, beat all vigorously, turn into a well greased mold, and steam 3 hours. Eat with hard sauce. Or (2) stir dates into a common bread pudding and bake, see "Bread Pudding."

DELMONICO PUDDING.—Mix 3 tablespoons corn-starch with a little cold milk, stir it into 4 cups milk, and add 6 tablespoons sugar and 5 yolks of eggs beaten together; boil 4 or 5 minutes, pour it in a pudding dish, and bake 30 minutes. Beat 6 tablespoons sugar and the whites of the eggs together, spread it on top of the pudding, and brown it delicately in the oven.

DOVER PUDDING.

1½ pints stewed apples.	½ pound butter
1 cup cream.	4 eggs.
Grated lemon peel and sugar to taste.	

Put in the butter while the apples are hot; the remainder when cool. Dried apples will do. Bake in a quick oven in a deep pie tin, covered with crust.

ENGLISH PUDDING.

1 cup suet.	3½ cups flour.
1 cup raisins, chopped.	1 cup of milk or cider.
1 cup molasses.	$\frac{1}{2}$ teaspoon soda dissolved in the molasses.
Add salt.	
Steam 3 hours.	

FARINA PUDDING.—Boil a quart of milk and water, half and half; add a level teaspoon of salt, then slowly sprinkle in farina until it is a thin mush; turn into small cups or molds to harden. Serve cold, one to each person, with sugar and cream, or any favorite liquid pudding sauce. This is a good dessert for hot weather, and particularly relished by invalids and children. This pudding can be mixed with milk, sugar and eggs, and baked like a rice pudding.

FEATHER PUDDING.—Use 1 egg, 1 cup sugar, 1 cup milk, 2 cups flour, 3 teaspoons baking powder, 2 tablespoons melted butter; steam 1 hour. For sauce, cream $\frac{1}{2}$ cup butter with 1 cup sugar, add 1 cup raspberries and stir well together. Any jam or other fresh berries may be used instead of the raspberries.

FIG PUDDING.—Use 2 cups bread crumbs; chop fine and add $\frac{1}{2}$ lb. nice figs; cream 1 teacup butter with $\frac{1}{2}$ teacup of brown sugar and add 4 beaten eggs, yolks and whites beaten separately; mix all together, put into a greased pudding mold and steam 3 hours; or it can be boiled in a pudding bag $2\frac{1}{2}$ hours. Nice beef suet can be used instead of butter if more convenient. Eat with any good sweet pudding sauce.

FRUIT PUDDING.—Into the farina boiler put 3 cups rich milk and 1 cup sugar and bring to a boil; have 5 tablespoons of sifted flour wet with 1 cup of milk, and pour on the hot mixture gradually, stirring all the time to prevent lumps; return to the kettle and cook till it thickens,—about 10 minutes after beginning to boil; then take from the stove and beat while cooling; when half cooled add sliced peaches, apricots, bananas, whole raspberries, blackberries, huckleberries or strawberries. Serve ice cold. Vary the amount of fruit to suit taste.

This pudding may be varied by leaving out the fruit and using 2 cups strong coffee instead of that much milk, and proceed as before. Or, put 1 square of chocolate in the milk, omit the fruit, and thus make a chocolate pudding.

GINGER PUDDING.—Take 1 cup molasses, 1 egg, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup hot water, 1 tablespoon ginger, 1 teaspoon soda; stir in flour enough to make pretty stiff, and add $\frac{1}{2}$ cup of any fruit desired; put in a greased mold and steam $1\frac{1}{2}$ hours.

GOOSEBERRY PUDDING.—Cook the gooseberries until soft, in as little water as possible, rub them through a sieve, and add 2 tablespoons butter, 3 eggs well beaten, 1 teacup bread crumbs, $\frac{1}{2}$ teacup sugar; put a border of puff paste around the side of a pudding dish,

beat the mixture well, or until very light, put it in a dish, and bake 40 minutes. As soon as it is done strew sugar over it thickly, and serve at once.

GOLD PUDDING.—To the well-beaten yolks of 3 eggs, add $\frac{1}{2}$ cup sugar, 1 tablespoon butter, 1 cup milk; add 1 teaspoon of baking powder in flour enough to make a fairly stiff batter, a little salt, and 1 cup seeded raisins; beat all well together and steam one hour. Serve with our white pudding sauce. The golden yellow pudding, with white sauce, will please both eye and palate.

GRAHAM PUDDING.—Take 1 cup raisins seeded and chopped, 1 cup molasses, 1 teaspoon soda dissolved in 1 scant cup sweet milk, $\frac{1}{2}$ teaspoon salt, 2 cups graham flour; steam 3 hours. Fine.

STEAMED GRAHAM PUDDING.—Beat together 3 eggs and 3 tablespoons sugar, add 1 tablespoon melted butter, $\frac{1}{2}$ cup sour cream, 1 cup sour milk, 1 teaspoon soda sifted into 3 cups graham flour; add dried cherries, or pour over sliced apples, if fruit is desired, and steam. It is nice with or without fruit. Eat with cream and sugar.

HANOVER PUDDING.—Sift 2 teaspoons baking powder into $2\frac{1}{2}$ cups flour, add a pinch of salt and some spices (say cinnamon and nutmeg), 1 cup suet or $\frac{1}{2}$ cup butter, $\frac{2}{3}$ cup molasses, 1 cup milk, 1 egg, 1 cup stoned raisins; boil $2\frac{1}{2}$ to 3 hours. Eat with hard sauce, or any liquid sauce preferred.

HUCKLEBERRY PUDDING.—Beat 2 eggs without separating, add 1 cup milk, 1 tablespoon melted butter, $1\frac{1}{2}$ cups flour and beat thoroughly; have 2 cups huckleberries washed and dried, dust them with flour, add them to the pudding with 1 teaspoon of baking powder, mix quickly, turn into a greased mold, and steam 1 hour.

INDIAN PUDDING, BAKED.—Stir gradually 1 even cup cornmeal in 1 quart of boiling milk, let boil a few minutes, lift from the stove, and add 1 teaspoon butter and a little salt; stir in $\frac{1}{2}$ pint molasses, and $\frac{1}{2}$ pint cold milk last; put into a pudding dish, well buttered, and bake 3 hours in a moderate oven.

No. 2.—In 1 quart boiling milk, stir $1\frac{1}{2}$ cups cornmeal, and 1 cup molasses; let it cool and add 1 teaspoon salt, 1 teacup suet, and stir in a little allspice; pour in 2 cups cold milk, and bake.

INDIAN PUDDING, BOILED.—Warm 2 cups molasses and 2 cups milk, stir well together; beat 4 eggs and stir with the molasses and milk; add 1 lb. beef suet chopped fine, and Indian meal enough to make a stiff batter; add 1 teaspoon each of cinnamon and nutmeg,

and a little grated lemon peel; stir together well, tie in the floured bag, leaving room to swell, and boil 3 hours. Serve hot with a good sauce.

No. 2.—Use 1 cup flour, 1 heaping teaspoon of baking powder, 1 teaspoon salt, 2 cups milk, 2 tablespoons melted butter (or 4 tablespoons sour cream), 3 eggs, 1 small pinch of soda, and enough corn-meal to make a stiff batter. Mix in the order given, and pour into a baking-powder can, or any other covered can of convenient size; set in a kettle containing enough boiling water to come up nearly to the top of the can, place a weight on top of the can to keep it upright, and boil about 2 hours. Eat with the maple sugar sauce given among our pudding sauces.

INDIAN PUDDING, STEAMED.—Use 2 cups milk, 2 eggs, $1\frac{1}{2}$ cups Indian meal, 2 small tablespoons beef suet, 2 tablespoons molasses, $\frac{1}{2}$ teaspoon each of cinnamon and ground ginger, 1 salt-spoon salt, a pinch of soda. Heat the milk boiling hot, add the soda and pour it upon the meal; stir well, add the suet, chopped, and the salt; when it gets cold, add the eggs, beaten light, the molasses and spices, and beat all hard. Turn in a well-greased mold, and steam 4 hours. Eat with hard sauce.

LEMON PUDDING.—Use 1 cup milk, 1 tablespoon butter, 1 heaping teaspoon of baking powder, and flour enough to roll out; roll in 3 sheets. Take juice of 1 lemon, 1 cup pulverized sugar, and spread between the layers like jelly. Put it in a tin and steam 3 hours. Serve with our Lemon Sauce No. 1.

Lemon Pudding No. 2.—Heat 4 cups milk, pour it over 2 cups bread crumbs and add 2 tablespoons butter; when cold add beaten yolks of 4 eggs, 1 cup sugar, the grated rind of 1 lemon; bake in a buttered dish till firm and slightly brown. When done, cover with a meringue made of 4 whites of eggs whipped with 4 tablespoons of sugar and the juice of 1 lemon, and brown slightly in the oven. Eat warm with lemon sauce.

LOWELL PUDDING.

1 cup milk.	1 teacup suet.
1 cup raisins.	1 teaspoon soda.
$\frac{1}{2}$ cup molasses.	1 teaspoon salt.
$\frac{1}{2}$ teacup brown sugar.	Flour to make a stiff batter.

Steam 3 hours. Serve with any good sauce.

MINUTE PUDDING.—Use 1 quart sweet milk, 2 eggs, 1 pint sifted flour, 1 level teaspoon of salt; beat the eggs well, add the flour, and milk enough to make it smooth. Butter the kettle, and put in

the remainder of the milk with the salt; when it boils, put in the eggs and flour, and cook until stiff. Serve hot with any simple sauce.

No. 2.—Use 1 cup of water, 1 cup sweet milk, salt to taste; let it boil and stir in flour until it is a stiff batter; the flour must be stirred in very gradually, to avoid large lumps. Serve immediately with cream and maple sugar, or any good sauce.

GRAHAM FLOUR MINUTE PUDDING.—Take $\frac{1}{4}$ water and $\frac{3}{4}$ milk, and when it boils stir in graham flour the same as if water alone was used, except that it should be made a little thicker. Cook about 10 minutes. Eat with sugar and cream. If you do not happen to have cream, jelly makes a nice sauce. Children are very fond of this simple pudding.

ORANGE PUDDING.—Boil 2 cups milk; beat 2 eggs light, add 3 tablespoons sugar, grate in the yellow of 1 orange, pour in the milk hot, and beat 2 minutes; set the pan in a larger pan, filled with water, and put in the oven until set; sprinkle with sifted sugar, brown on top with a hot shovel, and cool. Eat with cream.

FRUIT PUDDINGS.—Take as many small pudding cloths as needed, spread boiled rice on each cloth, and then put on a peeled orange, or a pear or apple pared and cored, or stoned cherries, or berries; then tie the cloths, having the fruit surrounded by the rice; boil till the fruit is cooked. Serve with sugar sprinkled plentifully on top, and with sweetened cream or any good sweet sauce.

OXFORD PUDDING.—Take 1 cup rice 1 tablespoon oatmeal, 3 tablespoons sugar, 1 teaspoon salt (level), 1 cup milk, 6 cups water; stir together, and bake 2 hours in a moderate oven.

PEACH PUDDING.—Drain the liquor from a can of peaches, and wet ceraline with it, but do not make it too thick to pour, add 2 eggs, well beaten, $\frac{1}{2}$ cup sugar, and a little salt; pour this mixture into a buttered pudding dish, drop the reserved peaches into the center of the mixture, and bake 15 to 25 minutes. Good hot or cold, and without sauce.

STEAMED PEACH PUDDING.—Fill a pudding dish with alternate layers of bread crumbs sprinkled with butter, and sweetened, sliced peaches, having a layer of bread crumbs on top; pour over this a custard made of 2 cups milk, the yolks of 2 eggs, and 2 tablespoons sugar; steam it, and serve with our Lombard Sauce.

POTATO PUDDING.—Take 1 lb. of boiled potatoes mashed with sweet milk; add $\frac{1}{2}$ lb. white sugar, 6 eggs, and 1 grated lemon; bake 40 minutes.

PLAIN PLUM PUDDING.

2 cups bread crumbs.	1 teaspoon of spices.
1 teaspoon of salt.	2 cups seeded raisins.
1 cup chopped suet.	1 cup of flour.
2 cups milk or water.	2 cups washed currants.
3 cups sugar.	

Mix all the ingredients to make a stiff batter; if it is too thick, add more water, and if too thin, add more flour; then stir in 2 teaspoons of baking powder, beat it well, tie loosely in a pudding cloth, so that it will have room to swell, and boil 4 hours. It can be placed in a mold or tin basin, with a plate to cover it, and steamed for the same length of time, if more convenient. Serve with lemon pudding sauce.

ENGLISH PLUM PUDDING.

3 eggs.	$\frac{1}{2}$ cup citron.
3 cups flour.	$\frac{1}{3}$ teaspoon spices.
1 cup chopped suet.	A little nutmeg.
$\frac{1}{2}$ cup candied lemon.	1 cup of raisins.
$\frac{1}{2}$ cup molasses.	2 even teaspoons of cream of tartar.
1 cup sweet milk.	1 cup currants.
1 teaspoon of soda.	1 cup brown sugar.
1 teaspoon salt.	Steam 4 hours.

PRUNE PUDDING.—Stew, stone and chop 1 cup of prunes; beat whites of 6 eggs, add 1 cup of granulated sugar, beat well, mix with the prunes, and bake in a buttered mold, in slow oven, about 30 minutes. Serve with whipped cream, mock whipped cream or thin custard.

No. 2.—Stew prunes, stone them, stir into a plain bread pudding and bake—see “Bread Pudding.”

PRINCESS PUDDING.—Scald 4 cups sweet milk; stir in $\frac{1}{2}$ cup of flour and $\frac{1}{2}$ teaspoon of salt; when cool, stir in 6 well-beaten eggs; bake 20 minutes. Serve with butter and sugar.

STEAMED PUFF PUDDING.—Make a batter by sifting 2 teaspoons baking powder and a little salt into 2 cups flour, and add milk enough to make it quite soft; butter coffee-cups and put them in the steamer; drop in first a spoonful of batter, then 1 of berries, steamed apples, or any fruit or sauce you happen to have; then put in batter to fill the cup, and steam 25 minutes. Serve with our berry pudding-sauce, using the same fruit for the sauce that you have in the pudding.

QUEEN PUDDING.—Use 1 pint of bread crumbs, 1 quart of milk, 1 teacup white sugar, yolks of 4 eggs, grated rind of 1 lemon. Beat yolks, sugar and lemon together, and stir in the crumbs; bake

until it is of a nice brown color; when done, beat the whites of 4 eggs to a stiff froth, with 4 tablespoons of sugar; spread fruit jelly or jam over the pudding, then cover it with the frosting and set it in the oven to brown slightly. To be served cold. No one ever tires of this delicious, old-fashioned dessert.

RAISIN PUDDING.—Cream together 1 cup sugar and $\frac{1}{2}$ cup butter; add 2 well beaten eggs, $\frac{1}{2}$ cup milk and 2 cups flour into which $\frac{2}{3}$ teaspoon of baking powder has been sifted; mix all well, and add 1 cup seeded raisins which have been sprinkled with a little flour; steam 2 hours. Serve with a good hot sauce. Or (2) stir chopped and seeded raisins into a common bread pudding and bake; see "Bread Pudding."

RASPBERRY PUDDING.—Rub together $1\frac{1}{2}$ cups sugar, and $\frac{1}{2}$ cup butter; add $\frac{1}{2}$ cup milk, and 2 eggs; stir together well, and add 2 cups flour with $\frac{1}{2}$ teaspoon of baking powder sifted in, and, lastly, add 2 cups fresh raspberries. Steam 3 hours.

RATAFIA PUDDING.

1 quart of milk.	4 tablespoons of sugar.
2 eggs.	$\frac{1}{4}$ pound of ratafias.
2 teaspoons of corn-starch.	Flavor with cinnamon.

Scald the milk in a double boiler; beat the sugar, eggs, and corn-starch together, and stir into the scalding milk; when it thickens, pour it into a well-buttered pudding-dish; cover the top of the pudding with the ratafias—right side upwards—and bake $\frac{1}{2}$ hour. (For directions for making ratafias, see our chapter on "Candy.")

RHUBARB PUDDING.—Butter a basin which will hold $1\frac{1}{2}$ pints, and line it with good suet crust rolled out to the thickness of $\frac{1}{2}$ inch. Fill it with rhubarb which has been stewed for $\frac{1}{4}$ hour with a little moist sugar and the rind of half a lemon. Cover the pudding with pastry, rolled out to the same thickness as the sides, pinch the edges securely, tie in a cloth, and boil 2 hours, or until done; then turn out carefully, and cut a small opening in the top for the escape of the steam. Serve with sweetened melted butter, or cream and sifted sugar.

RICE PUDDING.—Use 1 pint milk, 1 tablespoon washed rice, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup sugar, a little salt and nutmeg. Mix and put to bake; stir 4 times to keep rice and raisins mixed; let it bake about 1 hour, or until the rice is done. Serve cold with cream and sugar.

A HINT.—It is not generally known that the cheap, broken rice is better for puddings than the more expensive article. One tablespoon of this, well washed, the usual quantity of milk and sugar, and a pinch of grated nutmeg, with a little butter, will make an excellent rice pudding. Bake very slowly.

Rice Pudding No. 2.—Soak $\frac{1}{2}$ cup rice in milk till soft, then add 4 cups milk, a pinch of salt, and 2 tablespoons sugar; put in the oven and bake very slowly for 2 hours; it should be of the consistency of jelly when done. The secret of success with this pudding is to bake very slowly, and bake a long time. A cup of seeded raisins is a great improvement if added when it is put in the oven. Thick sweet cream is the best sauce for it, or sugar and cream mixed.

Sago and Tapicoa puddings made in the same way are delicious, but without any raisins.

Rice Pudding No. 3.—Use 2 tablespoons rice, 1 quart milk, $\frac{1}{2}$ teacup white sugar, 1 teaspoon vanilla or lemon; a little salt; scald the rice, then add the other ingredients and scatter on top a little butter cut in small bits. Bake 2 hours in a slow oven. Pour over it $\frac{1}{2}$ hour before it is done $\frac{1}{2}$ teacup cold milk; this will make it creamy.

ROLY POLY PUDDING.—Use 1 cup chopped suet, 3 cups flour, 1 even teaspoon of baking powder, 1 even teaspoon of salt. Mix the suet, flour, salt and baking powder together; then with a little cold water make a stiff dough; roll out in a long strip, and spread it with jam, preserves or fruit, leaving a little space at the edges free; wet the edges and roll up the strip. Dip a pudding cloth in hot water; flour it well; put in the pudding, roll, tie up the ends and wind it with a string to keep it in place; boil 2 hours. Serve with sweet sauce with a trifle of lemon juice. The roly-poly can be baked in a buttered pan, if preferred, but without the cloth.

SPONGE PUDDING.—Use 1 cup butter rubbed into 3 cups flour; 1 teaspoon soda stirred in 1 cup molasses; 1 cup sweet milk; $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg; 1 cup fruit, if liked; steam $1\frac{1}{2}$ hours.

SUET PUDDING.

1 cup of chopped suet.	1 egg.
1 cup of seeded raisins.	1 teaspoon of salt.
1 cup of molasses.	1 teaspoon of soda.
1 cup of sour milk.	Steam 2 hours.
3 cups of flour.	

SUET PUDDING No. 2.

1 cup molasses.	$\frac{1}{2}$ cup dried currants.
1 cup sweet milk.	$2\frac{1}{2}$ cups flour.
1 cup suet, chopped fine.	$\frac{1}{2}$ teaspoon of soda.
1 cup of raisins.	

Mix well, add salt and spice to taste, and steam 2 hours. Eat with liquid sauce. If suet is objected to, or cannot be obtained, $\frac{1}{2}$ cup of butter may be used. Be sure the pudding is thoroughly done. This is a good pudding to follow a picked up dinner, or if the supply is a little short, as it is rather substantial.

STEAMED PUDDING.

1 cup of molasses.	1 teaspoon soda.
$\frac{1}{2}$ cup butter (scant).	1 teaspoon salt.
1 cup sour milk.	2 teaspoons of cinnamon or instead of this $\frac{1}{2}$ a nutmeg.
1 cup raisins chopped fine.	3 cups flour.
Steam 2½ hours.	

TAPIOCA PUDDING.—Soak 1 cup tapioca for 2 hours in cold water enough to cover it; if not all absorbed drain off what is left; add 1 quart of milk, and soak 2 hours longer; when the tapioca is quite soft, beat together 2 tablespoons melted butter and 2 tablespoons of sugar. Add this to the tapioca with the yolks of 4 eggs beaten light; stir well and bake till brown on top; then add the whites of the eggs, beaten to a froth with pulverized sugar, and return to the oven to brown. Be careful to see that there are no hard lumps left. Eat either with or without sauce.

Sago pudding may be made the same way.

Rice Pudding can be made the same way, and can be made more dainty by adding the juice and grated rind of a lemon to the frosting.

APPLE TAPIOCA PUDDING.—Put 1 cup tapioca in 1 quart of cold water, and let it soak slowly on the stove until thin like starch; have the apples peeled and quartered and in a pan ready to bake; season the soaked tapioca with sugar, butter and nutmeg, pour it over the apples, and bake till done.

COCOANUT TAPIOCA PUDDING.—Soak 3 tablespoons of tapioca in water over night; then put it in 1 quart of boiling milk and boil $\frac{1}{2}$ hour; beat the yolks of 4 eggs with 1 cup sugar, add 3 tablespoons prepared cocoanut, stir it in, boil 10 minutes longer, and pour into a pudding dish. Beat the whites of the 4 eggs to a stiff froth, stir in 3 tablespoons sugar, put this over the top with a little cocoanut sprinkled over it, and brown 5 minutes in the oven.

TAPIOCA is the starch extracted from the root of a plant which grows in South America. It is light and easily digested, but as it is about 83% starch it is not very nutritious. When used for puddings crushed tapioca is better than that in large granules.

CASSAVA is the starch from the same root more highly granulated. It is called *Manioc* in Brazil, and *Yucca* in Peru.

WHORTLEBERRY PUDDING.

2 cups sugar.	6 eggs.
2 cups bread crumbs.	2 heaping teaspoons baking powder.
1 quart milk.	1 tablespoon of salt.
4 cups flour.	

Make to a stiff batter, and mix in 1 quart of whortleberries. Put it in a buttered mold, and steam 3 hours. Half this will do for a small family. Serve with any liquid pudding sauce preferred.

DUMPLINGS.

In putting dumplings of any kind into water to boil, put them in one at a time, as they will mix or stick if put in together.

APPLE DUMPLINGS.—These may be either baked or boiled; if baked, they should be made with pastry; if boiled, use a light suet crust. In either case pare the apples and scoop out the core, filling up the space with sugar and a clove, or some grated lemon peel.

For baked dumplings make a light puff paste, enclose the apples in it, making as many as desired, pinch the edges so closely that no seam can be seen, and bake 20 minutes in a good oven. Eat with a rich pudding sauce, or with maple syrup.

For boiled dumplings chop $\frac{1}{4}$ lb. beef suet very finely, add $\frac{1}{2}$ lb. flour, a little salt and baking powder, and mix with water enough to give it consistency; roll out twice on the pastry board, enclose the apples as for baked dumplings, put them in boiling water, and boil fast 1 hour. Drain, and serve with sweet sauce.

CHERRY DUMPLINGS.

$\frac{1}{2}$ cup sugar.	1 cup prepared flour, or use flour and baking powder same as for biscuits.
2 cups stoned cherries.	
2 heaping tablespoons lard.	A little salt.
2 cups sweet milk.	

After rubbing the lard into the salted flour, add the milk, then roll out $\frac{1}{4}$ inch thick. Cut into squares, and into the middle of each one put 2 spoonfuls of the stoned cherries. Add sugar, and then bring the edges together and pinch closely. Bake until done on a floured baking-pan, with the joined edges at the bottom. Eat while hot.

HUCKLEBERRY DUMPLINGS.—Use 1 tablespoon lard, 4 cups flour, 1 cup milk, 3 teaspoons baking powder. Sift the baking powder into the flour, work in the lard, and add the milk; when rolled out, cut rather larger than biscuit; after putting in the berries close the edges tightly, and boil (or steam) 20 minutes.

JAM DUMPLINGS.—Roll out a puff paste, and spread jam (raspberry or any other) on it; make into dumplings and boil till done—about 1 hour usually. Serve with a sauce made of $\frac{1}{3}$ butter to $\frac{2}{3}$ sugar, beaten to a cream.

STEAMED DUMPLINGS.—Pare and quarter nice tart apples, place them in a deep dish, adding a little water; make a crust as you would for tea biscuit, with sour cream, or rich buttermilk, if you have it; if not, use a good baking-powder recipe; roll out about 1

inch thick, place it over the apples, and steam $\frac{1}{2}$ hour. Serve with a sauce made of $\frac{1}{2}$ butter to $\frac{2}{3}$ sugar, beaten to a cream.

Fruit Dumplings of any kind can be made in this way, using any kind of fruit, either fresh or canned instead of the apples.

PANDOWDY.—Pare, core, and slice thin, sour, juicy apples; butter a deep dish and put in a layer of apples, sweeten with brown sugar and flavor with lemon peel; strew over it a layer of bread crumbs, and bits of butter; repeat alternately till the dish is full, finishing with a layer of bread crumbs. Bake till the apples are soft. A little cider improves it. To be eaten with sweetened cream.

DOUGHNUTS AND FRITTERS.

HE Fat.—The fat for frying doughnuts and fritters may be any soft fat free from rancidity, which is at hand; pure leaf lard, for this purpose, was once considered indispensable, but soft suet, or the fat trimmed from the outside of fat beef, is excellent, combined with lard; also clarified drippings from roasted meat, either beef or pork. A small proportion of the hard kidney suet of beef may be added, but if hard suet is in excess in frying fat, food cooked therein will have a thick, tallowy crust, which is neither palatable nor digestible. Cottonseed oil, alone, or in combination with a small proportion of beef suet is used by some cooks; others dislike it. With this, as with some other food preparations, the taste may perhaps be acquired. Mutton fat should never be added to the frying kettle, or used in any way; as stated elsewhere, the strong odor to which many people have a great aversion, is intensified by reheating; besides, it is the hardest of animal fats, and cools too quickly on food cooked in it. If black specks adhere to the doughnuts after they are fried, put a few slices of raw potato in the fat, and the specks will adhere to the potato. If lard or drippings are not perfectly sweet, before putting in any dough put in some slices of raw potato and fry them; the potatoes will absorb the rank flavor. A few slices of raw potatoes in the kettle while cooking doughnuts will keep the odor from permeating the house.

Potatoes are largely composed of starch and carbon and they purify the fat in much the same way that water is purified by charcoal; being very porous, and possessing great powers of absorption, they take up the gases and odors, thus purifying the fat.

The Kettle.—A kettle should be kept for the purpose of frying doughnuts and fritters, and one rounded at the bottom, broad, and shallow, is the most convenient shape.

Clarifying Fat.—The frying fat must be clarified from time to time, as more or less flour falls to the bottom of the kettle whenever it is used; the fat can be poured while still warm—not hot—into a pan of water, and the settling scraped from the cake of fat when it is cold; a more simple way is to set the kettle away with the fat in it to cool, and when next wanted for use set on the fire just long enough to start the cake of fat in the kettle; lift it from the kettle with a carving fork, and with a knife cut the black from the cake of fat, wipe out the kettle with papers and put them in the fire; then return

the fat to the kettle and add more if needed. The dirty looking sediment is commonly thrown away, but it need not be altogether wasted; when a considerable quantity has accumulated it may be clarified by the second method described for clarifying fats in our article on frying meats, etc. (which see).

The Dough.—Be careful in shortening all doughs to be fried in fat, either for doughnuts or fritters, for if too tender they will absorb the frying fat. If shortening is used, eggs must be added and the dough made more stiff, to counteract the tendency to soak fat; little or no shortening is best for most doughs cooked in fat. The fat must also be hot enough for any dough placed in it to rise instantly to the surface of the fat; this can be ascertained by trying it with a small bit of dough, before proceeding with a quantity. Remember that a frequent cause of trouble is not having the fat hot enough, and we have several times alluded to this. Have it so that it gives off a blue smoke, as explained for frying meats (which see).

DOUGHNUTS, CRULLERS, ETC.

In frying all kinds of doughnuts let them thoroughly brown on one side before turning them; in this way they rise thoroughly, and are much lighter than if frequently turned while frying, but fry both sides well before taking them out. Do not fry so many at once as to cause crowding. When done, take them out, let them drain, and when cool keep them in an earthen crock.

Fried cakes keep moist longer when made with brown sugar than when made with any other kind.

The time required to fry is 3 to 5 minutes.

DOUGHNUTS. (*Extra Nice*).

1 cup sour cream.	1 teaspoon salt.
1 cup sour milk.	1 teaspoon soda (heaping).
1 cup sugar (heaping).	Flour to roll.
3 eggs.	

Beat yolks and sugar together, add cream, milk, salt, beaten whites and flour containing soda. Fry in smoking hot fat. Excellent.

RAISED DOUGHNUTS.

1 cup butter and lard mixed.	1 cup yeast.
2 cups sugar.	3 eggs, beaten.
1 cup warm water.	Salt and spices.

Rub the butter and lard into a quart of sifted flour, add 1 even tablespoon of salt, and spices if liked; put the water in the flour,

then the beaten eggs, then the sugar; now mix all together, and add flour enough to mold into a soft dough; let it rise over night, knead down again in the morning, let it lie on the molding-board until it begins to rise again, then roll out and cut in rings or make into twists, and fry in hot fat. A cup of washed and dried Zante currants are nice in these cakes.

Zante Currants are not really currants at all; they are small grapes grown in Zante, which is an island near the western coast of Greece. They are cultivated on an immense plain under the shelter of the mountains, and when gathered and dried in the sun and air they are stored in magazines until ready for shipment. Zante produces about 9,000,000 lbs. of these currants annually. Zante currants are rather indigestible.



ZANTE CURREANTS.

PLAIN DOUGHNUTS.—Use 1 cup new milk, 1 level teaspoon of salt, 1 heaping teaspoon of baking powder sifted into 2 cups of flour; mix all together, and add a little more flour if needed, but the cakes are better to be made quite soft. Do not mold the dough but place it on the molding-board, flatten the dough down with the hands until it is about an inch thick, cut into shape and fry in hot fat. Powdered sugar can be dredged over them when served, if liked.

OHIO DOUGHNUTS.—Use 3 eggs, 1 cup sugar, 2 cups new milk, 1 teaspoon salt, a little nutmeg, and flour enough to permit the spoon to stand upright in the mixture; add 2 teaspoons baking powder and beat until very light. Drop by the dessertspoonful into hot fat. They will not absorb the fat, and are as digestible as any doughnuts.

COFFEE DOUGHNUTS.—Use one cup sour milk, 1 teaspoon of salt, 1 tablespoon of sugar, 1 teaspoon of soda; make the flour as soft as you can handle it; then make into twists or rings, and fry in hot fat. These are not rich but are nice in the morning with coffee.

CREAM DOUGHNUTS.—Beat 1 cup sour cream, 1 cup sugar and 2 eggs together; add 1 teaspoon soda, a little salt and flour enough to roll.

CRULLERS.

1 cup butter.	3 eggs.
2 cups sugar.	Spice to taste.
2 cups sour milk.	2 teaspoons baking powder

Use flour to stiffen; cut out and fry.

CAROLINA CRULLERS.

Butter size of egg.	3 eggs.
1 cup sugar.	Flour enough to roll.

FRIED CAKES

1 large spoon melted butter.	3 teaspoons baking powder.
2 cups sugar (scant).	1 saltspoon cinnamon.
1 cup milk.	1 teaspoon salt.
4 eggs, medium sized.	Flour to roll.

FLORIDA FRIED CAKES.

1 tablespoon shortening.	1 teaspoon soda.
2 cups sugar.	1 teaspoon salt.
2 cups sour milk.	Flour to roll.
2 eggs.	

JOLLY BOYS.

$\frac{1}{2}$ cup sugar.	1 cup flour.
1 egg.	2 cups cornmeal (scalded).
$\frac{1}{2}$ teaspoon of salt.	$\frac{1}{2}$ teaspoon soda.

Drop by tablespoonfuls into smoking hot fat, and fry like doughnuts.

FRITTERS.

These are composed of batters and doughs of various kinds, usually enclosing fruits or sweets of some sort, and are fried in hot fat; they are eaten hot, and some sweet sauce or sugar served with them. They should be quickly made, and thoroughly beaten. The batter should be smooth and thick enough to cling to whatever is dipped into it without running off, and the fat should be very hot, in fact, it should smoke. Probably more cooks fail on the heat of the fat than on anything else, and yet it should not be too hot. When it gives off a blue smoke, as we described in our directions for frying meats, etc., it is right; or test it by dropping in a teaspoon of the batter; if the temperature is right, the batter will quickly rise to the surface in a puff ball, sputtering and dancing, and will speedily become a light brown. When the fat is right it will not soak into the dough, but will make it delightfully crisp, light, and puffy. In the introduction to this chapter we explain about the kinds of fat to use. Take the fritters out with a skimmer, as soon as they are done, dislodge any fat which adheres, pile them in a hot dish, sift sugar over them, and serve at once.

The batter may be simply made, as for griddle cakes, and of about the same consistency. If it is allowed to stand an hour or so before being used, the starch grains will swell by contact with the moisture, and hence it will be lighter. Eggs added to the batter make it crisp and delicate, and ensure a good coating over the fruit,

etc., enclosed. Baking powder, or cream of tartar and soda, are sometimes used when the batter is wanted very light; when shortening is used add eggs also, as their albumen quickly coagulates in the hot fat, and forms a crust, or film, which prevents the fat from soaking in. The best batter is made with the yolk of egg, and just before using, the white is beaten to a stiff froth and added also. Always add a little salt. A little more flour can be used, making the batter a little thicker, for fruit which is very juicy.

Fritters are quickly made, and can be served for breakfast, luncheon, tea, or a dessert for dinner, and they are almost invariably relished. Hot caramel syrup, or maple syrup, can be served with them, or the simple white syrup made of granulated sugar and a little water, while many of the pudding sauces are also suitable.

The time needed to fry is 3 to 5 minutes.

FRITTER BATTER (Plain).—Use 2 cups of flour and 2 eggs. Beat the eggs and flour together, and add enough sweet milk to make a batter of the consistency of griddle cakes; then beat in a level teaspoon of salt. This batter is simply made, and can be used for any kind of fritters.

Batter No. 2.—Mix together $\frac{1}{2}$ cup water or milk, 1 saltspoon of salt, 1 tablespoon melted butter, and the well-beaten yolks of 2 eggs; then beat in enough flour to make a good batter of it. Many cooks use 1 tablespoon of olive oil instead of the butter, and prefer it. Just before using it beat in the well-beaten whites of the 2 eggs. If it is used for meat, oysters, or clams, 2 teaspoons of vinegar or lemon juice will be an improvement; if for fruit, add instead 1 teaspoon of sugar.

APPLE FRITTERS.—Peel the apples, and take out the core with a core-cutter, cut the apples in thick slices, crosswise—this makes a ring; sprinkle with sugar and let them lie for an hour; then dip each piece in batter, and fry until of a light brown color. Sprinkle again with sugar and send to the table.

BANANA FRITTERS.—Cut the bananas in slices $\frac{1}{2}$ inch thick, sprinkle with powdered cinnamon, dip in batter, and fry in hot fat. Serve with syrup.

BERRY FRITTERS.—Make a batter of 2 eggs well beaten, add a gill of cream and a gill of milk thickened with a tablespoon of corn-starch; season with a little sugar and cinnamon. Put raw strawberries into this batter, and fry them in a pan of hot



BANANAS.

fat, a spoonful at a time. Dish them in a pyramid, and sift sugar over and between them.

Raspberries, Blackberries, Currants, and other small fruits can be made into fritters in this manner, and are delicious.

BREAD FRITTERS.—Cut stale bread into slices $\frac{3}{4}$ inch thick, and then cut it into small squares. Into 2 cups milk put a piece of cinnamon and the rind of a lemon; boil it $\frac{1}{2}$ hour; dip the bits of bread in the milk, lay them on a cloth to drain, then dip them in beaten egg, and fry a delicate brown in smoking hot fat. Sprinkle with powdered sugar, and serve. Or (2) dip thin slices of yeast bread in the plain fritter batter, and fry a delicate brown. Sprinkle on powdered sugar, and garnish with jelly.

CAKE FRITTERS.—Cut rounds, squares or triangles of any kind of dry cake, dip them in milk with a little lemon juice added, then flour them, and fry in hot fat.

CARROT FRITTERS.—Take 2 boiled carrots, beat them to a pulp, add 2 eggs, 3 tablespoons of flour, moisten them with milk or cream, add 1 teaspoon sugar, and beat together thoroughly; drop by spoonfuls into smoking hot fat; when done, squeeze a little orange juice over them, and sprinkle on pulverized sugar.

CLAM FRITTERS.—Drain the liquor from the clams, and make a fritter batter with it; chop the hard part of the clams, mix them in the batter, and drop by spoonfuls into smoking hot fat.

CORN FRITTERS.—Boil the corn, cut it from the cob, mix it in the fritter batter, and drop by spoonfuls into smoking hot fat.

CORNMEAL FRITTERS.—To the well-beaten yolks of 4 eggs add 3 cups milk, 2 cups cornmeal, 1 tablespoon sugar, 1 tablespoon melted butter, 1 teaspoon salt; mix all thoroughly, and add the well-beaten whites of the 4 eggs, and $\frac{1}{2}$ cup flour in which $\frac{1}{2}$ teaspoon baking powder has been sifted; drop by spoonfuls into smoking hot fat; when done, drain on paper, to absorb the fat. Eat with a sauce made of butter and sugar, seasoned with cinnamon.

CREAM FRITTERS.—Mix 3 cups flour with 2 cups milk; stir in 6 well-beaten eggs, then 2 teaspoons salt and 2 cups cream; stir the whole just enough to intermix the cream, and fry. The addition of a few tender apples, chopped fine, will improve them.

FRUIT FRITTERS.—Almost every kind of fruit will make fritters. If the fruit is cut up, sprinkled with sugar, and allowed to stand 2 or 3 hours before being used, the flavor is improved; a little

grated lemon peel can be added also, if desired. Then drain the fruit, dip or mix it in batter, and fry in hot fat. *Apricots, peaches, pears, pineapples, etc.*, make nice fritters in this way. *Canned fruit* can also be used, and makes nice fritters.

JELLY OR JAM FRITTERS.—Make a batter of 2 eggs, 1 cup of milk, and flour enough to thicken to the consistency of griddle cakes; beat in a level teaspoon of salt, and drop in spoonfuls in hot fat; fry brown. When well drained, place on each one a bit of jam or firm jelly. (Lemon jelly made with gelatine is nice for these fritters).

LEMON FRITTERS.—The lemons must be sliced as thin as paper, the seeds carefully removed, and then cover them with batter, and fry in hot fat.

Orange Fritters can be made the same way.

MEAT FRITTERS.—Take cold meat of any kind, cut it into small pieces, season with pepper and salt, cover with fritter batter, and fry in smoking hot fat; drain on brown paper and serve. A few drops of lemon juice or vinegar on the meat and a little nutmeg grated on will be an improvement, or the lemon juice or vinegar can be added to the fritter batter. (See our batter No. 2.)

Tripe makes good fritters. Make like other meat fritters.

OYSTER FRITTERS.—Drain the liquor from the oysters, and to 1 cup of this liquor add 1 cup milk, 3 beaten eggs, a little salt, and flour enough to make a thin batter; chop the oysters, add them to the batter, and drop by the spoonful into smoking hot fat. Serve immediately when done. Or (2) boil the oysters until the liquor flows; make a batter with the liquor, dip in each oyster whole, and fry in smoking hot fat. A little lemon juice or vinegar added either to the oysters or the batter will be an improvement.

PORK FRITTERS.—Dip thin slices of fat pork, or breakfast bacon, in batter, and fry in hot fat.

POTATO FRITTERS.—Use 2 cups mashed potatoes, 1 egg, $\frac{1}{2}$ teaspoon salt, and 3 tablespoons flour, into which $\frac{1}{2}$ teaspoon baking powder is sifted; make in rolls, roll in flour, and fry in hot fat. These are a nice relish for breakfast.

RAW POTATO FRITTERS.—Grate 4 large raw potatoes, add a little salt and cayenne pepper, and make a rather thick batter by adding 2 beaten eggs; drop in hot fat by spoonfuls and fry a light brown.

RICE FRITTERS.—To 1 cup of boiled or steamed rice allow 2 eggs, and a tablespoon of flour; add a saltspoon of salt, and 1 of ground cinnamon; mix thoroughly with the hand, then drop by spoonfuls in hot lard; fry brown.

SALSIFY FRITTERS.—Boil the salsify, mash it, pick out all tough fibres, and for each 2 cups of mashed salsify work in 1 tablespoon of butter, and then $\frac{1}{2}$ cup of milk and 3 well-beaten eggs; thicken with a little flour, make into round cakes, dredge with flour and fry in smoking hot fat; or the batter may be fried like griddle cakes.

VEGETABLE FRITTERS.—Boil the vegetables until tender, and either cut in slices, dip them in the fritter batter and fry, or chop fine, mix the pieces into fritter batter, and drop it by spoonfuls into smoking hot fat and fry a delicate brown. Celery, parsnips, and other vegetables can be used.

VARIOUS FRITTERS.—An ingenious cook can easily devise varieties by using different flavors. Use vinegar or lemon juice for meat, oyster or clam fritters, and cinnamon, nutmeg, orange juice, jellies, etc., in various combinations, and also vary the sauces used. As almost any meat, fruit or vegetables can be used for fritters, the varieties that can be produced are almost endless.

CANNELONS.—These are made of puff paste rolled very thin, and cut in pieces about 2 inches wide and 6 inches long; place upon each piece a spoonful of jam, wet the edges with the white of egg, and fold the paste over twice to prevent the escape of the jam while frying; slightly press the edges of the cannelons, and fry in smoking hot fat until a nice brown. Lay them on blotting paper to absorb superfluous fat, and sprinkle with sugar before serving. Cannelons can be made with any kind of fresh fruit. and are delicious.

CAKE.

For Cooking in High Altitudes, see page 358.

 HE 4 corner-stones of cake making are flour, sugar, butter and eggs. By combining these in varying proportions and using a few minor accessories, an endless variety of attractive and delicious cakes are obtained.

In measuring for cake the cups, if more than 1 is used, must be of exactly the same size, for the cook must remember that success is more apt to follow accuracy of measurement. Make the fire the first thing, and while the oven is heating, measure and place on the cooking table *all* the materials for the cake, and have at hand all the implements (forks, spoons, cup, beaters,) which will be required in making it.

Materials for cake.—These should always be of the best quality, as cake is a luxury, and if served at all should be made of the best ingredients. Have everything perfectly dry, as dampness in the materials is almost certain to produce heaviness in the cake. It is best to have each ingredient properly prepared before beginning to mix the cake, and in cold weather warm them to a uniform temperature and they will mix better. While all the materials should be good, however, many cooks are needlessly extravagant in their use of butter and eggs, and we commend to our readers the economical recipes which we have gathered together in this, as in other departments of the book.

Butter used in cake making should be free from rancidity. In cold weather let it stand near the stove to soften, but most cake makers agree that it should not melt. It must be worked and beaten with the sugar until it is thoroughly creamed. Many cooks use moderately salted butter without washing, as the small amount of salt which it contains adds to the flavor of the cake, but if it is excessively salted the washing process is indispensable. To wash butter it must be thoroughly worked with the hands in a deep pan or pail of water until it is soft and pasty, changing the water once or twice if needed. In cold weather the water may be slightly warmed, but in summer it should be cold.

Sugar should always be dry and well powdered. For delicate cakes, pulverized or the finest grades of granulated sugar should be used. Some kinds of fruit cake have a fine flavor imparted by using a good quality of unrefined brown sugar, and brown sugar is suita-

ble for most dark cakes. Cake is made heavy by using very coarse granulated sugar. Lumpy sugar should always be crushed and sifted.

For many of the finer cakes coffee "A" sugar produces better results than any other kind.

Molasses for cooking should be the rich, dark New Orleans or West India molasses. Light colored syrups are sometimes made of glucose and are inferior, being less sweet than that drained from crude sugar, these grades being the viscid, brown liquid which drains from sugar during its formation. In baking cakes remember that those containing molasses burn quicker than others.

Flour.—*Pastry Flour* (that is "old process" or St. Louis flour) is much the best for all kinds of cake. It contains more starch and less gluten than the new process flour. A trifle less flour (about $\frac{1}{8}$ less) must be used if it is new process. Be sure the flour is dry; sift it before using, and if it is cold, warm it slightly. Measure it *after* being sifted. The baking powder or cream of tartar should be sifted into it.

Eggs will beat more quickly in cold weather if they are placed for a short time in warm water before breaking them. In summer put them in cold water for a short time. Break each egg separately into a cup to make sure that it is not stale; not only *look* to see if it is good but test it also by smelling. An egg that is the least tainted will spoil the cake or anything else in which it is used. The quickest way to separate the yolk and the white is to carefully break them into a plate and then lift out the yolk with the fingers, allowing the white to fall between them. If even the smallest amount of yolk gets mixed into the whites they will not froth. Beat eggs in an earthen dish. The whites and yolks are best beaten separately as it takes longer to beat the whites. When beaten separately, if the cook has no assistant, the yolks should be beaten first and until they are a light lemon color, and strain them if the cake is fine; then beat the whites until they are too stiff to fall out of an inverted dish. If the whites become liquid again they cannot afterwards be made light, so do not stop beating till they are light and stiff. The eggs should be put in a cool place till wanted to use. When only the whites are used, the yolks, if unbroken and kept covered, will keep 2 or 3 days, but it is better to use them at once, working them into custards, etc. The whites of eggs will beat quicker if a pinch of salt is added, and they also beat more easily in a cool place or in a draught. If both yolks and whites are strained through a sieve before beating them they will beat smoother and easier.

The object in beating eggs is to force in air. The more and quicker they are beaten the better, up to the point where the albumen forms a thin film around all the air bubbles it will hold—millions of them. More beating after that only serves to break the film and let the air escape, and then the eggs will fall. If allowed to stand after being beaten, their own weight will break the thin films, the air will escape, and they will fall. Because of the oil contained in yolks they will, if added to beaten whites, cause the films to break, and so let out the air. This is the principle involved.

Milk when called for in our recipes, always means sweet milk, unless otherwise specified. Some cooks use water instead of milk in even the best cakes, and water can be substituted without detriment, so that if you wish to make a cake calling for milk, and you are out of it, you can still make the cake and use water instead.

A hint.—For cakes, puddings, bread, etc., skimmed milk answers as well as rich milk, and the cream can be saved and used for coffee, desserts, etc.

Spices for cake should be of the best quality. Cinnamon, cloves, allspice, and pepper are much nicer if bought in bulk, and freshly ground at home, when needed.

CINNAMON.—This is the inner bark of a tree, a species of the laurel family which grows to the height of 20 or 30 feet, and is found in Ceylon, Java, etc. “*Clove Oil*” is distilled from the leaf. Cinnamon contains a fragrant essential oil. It is best to buy it in the stick or roll; pound it in a mortar, and sift it fine for use.



CINNAMON.

Fruit is best prepared the day before. It should be dry when used. Leave out a little flour for the purpose and roll the fruit in it just before putting it in the cake. With raised cake spread fruit lightly on top, pressing it in a little, but do not beat it in or it will sink to the bottom.

Almonds should be blanched by being put into boiling water; leave a few minutes and then rub off the skin; then throw into cold water to preserve their color. If they are pounded, a little white of egg or water should be added every 2 or 3 minutes to prevent their oiling. Or cut them up and roll with a rolling pin on a table or marble slab, spreading a little sugar on first. If not pounded or rolled they should be cut into thin slices or divided lengthwise. To shred almonds, cut them with a sharp knife into fine strips lengthwise.

Citron should be sliced very thin, and the pieces should not be too large.

A Cocoanut should have the milk drawn out through a hole cut in the end; crack it and take the meat out (having previously loosened

it by pounding it all over) and dry for a few hours in a cool open oven; then grate and use. If any is left it can be kept for several weeks, if necessary, by sprinkling it with sugar and keeping it in a cool, dry, airy place.

Currants should be washed in warm water, changing it 2 or 3 times, and rubbing them well with the hand. Then drain them, spread out on a cloth, and pick out all bad ones, sticks, grit, etc., and dry them in the sun; an oven unless very slow will harden them. It is well to prepare several pounds at a time, and keep them in glass jars. English currants are apt to be "gritty;" they may be made to "plump," or fill out, by pouring boiling water over them, after which dry them. Currants are neither so wholesome nor nutritious as raisins.

Dates are prepared by separating them from each other; then put them into lukewarm water, shake them about for 2 or 3 minutes, and drain. Now take out the stones; this can be done with the fingers as a rule, but if they are very hard use a sharp knife. Then rinse them very carefully again, and drain them very thoroughly.

Raisins can be stoned more easily if boiling water is poured over them and left on 5 or 6 minutes, as that loosens the seeds. Pick out stems and defective raisins. For light fruit cake they may be chopped, but not too fine. Have them perfectly dry when used, and dredge flour over them.

Baking powder, Cream of Tartar and Soda.—Cake should not be made over-light with baking powder. A less quantity is needed, in proportion to the flour, than for biscuits, which are made light and comparatively dry, as they are to be eaten soon after being made, but cake is made to keep for some time—a week or longer. It should of course be light, but *fine-grained and moist*. The rule for biscuits is about 3 rounded teaspoons of baking powder to a quart of flour; for that amount of flour in cake, made with eggs properly beaten, 1 teaspoon of baking powder is sufficient. The baking powder or cream of tartar should be well sifted into the flour before mixing that into either cake, biscuits, or bread. Dissolve the soda into a little milk or water.

Cream of tartar and soda can be used instead of baking powder in any recipe, or *vice versa*, but as all baking powder contains some starch or flour to keep it dry (see our recipe for making it) it is not quite as strong as the pure cream of tartar and soda, so that about $\frac{1}{3}$ more baking powder is required than of the cream of tartar and soda combined. The usual proportion for 1 quart of flour for bread or biscuit is 1 teaspoon soda and 2 teaspoons cream of tartar; or 3

rounded teaspoons baking powder; and a convenient rule is 1 level teaspoon of baking powder to 1 cup flour, but cake, when lightened with eggs, requires less than $\frac{1}{2}$ of this.

In making rich fruit cakes eggs alone are used, without any baking powder, or cream of tartar and soda, to make them light.

The 2 alkalies used in cooking are soda and potash or their derivatives. Potash is found in all fertile soils, and is essential to plants, and all land plants when burned yield potash. When calcined and purified it yields *pearlash*. *Saleratus* is a kind of pearlash derived by subjecting it to the action of carbonic acid gas. The potash compounds are now little used.

Soda is obtained from sea-salt or marine plants. It is called *sal-soda* when unpurified. It is combined with 1 part of carbonic acid to form the carbonate, and 2 parts of carbonic acid to form the bicarbonate of soda, or the baking soda ordinarily used. Soda should *always* be thoroughly pulverized before it is measured so that there are no lumps in it. Strong alkalies are powerful poisons and must be counteracted or rendered inert before entering the system. This is done by the acids used. The too free use of soda or saleratus in cooking is injurious to the health and is recognized and commented on by good medical authorities. The alkali particularly affects the coatings of the stomach and bowels and causes indigestion and bowel complaint, sometimes ending in acute inflammation. Children are often injured by it. Bicarbonate of soda contains twice as much carbonic acid as common washing soda, but if it is dissolved in hot water, or heated in any way, this extra gas is driven off, and it is at once reduced to the level of common washing soda. For this reason soda should never be dissolved in hot water; tepid water may be used, but cold water or milk is best. It will dissolve as thoroughly in cold as in hot water, although not as quickly; or it can be thoroughly mixed and sifted into part of the flour, and will then be incorporated so as to leave no yellow spots. If used in molasses, dissolve it in as little water as possible, beat it into the molasses till it foams, and then add to the other materials at once.

Cream of Tartar is an acid obtained from crude tartar, or argol, a substance deposited on the sides of casks during the fermentation of wine. It is purified by using charcoal and clay, and crystallized. When cream of tartar unites with the bicarbonate of soda, carbonic acid gas is liberated, and the minute bubbles permeate the mass of dough and make it rise, while the residue forms a salt known as Rochelle salt. This is a well-known cathartic, but is not harmful in the small quantities thus formed. The acid and the alkali should, however, be so proportioned as to neutralize each other. They then form what is known as a neutral salt. If the acid is in excess the salt will be acid, and if the alkali is in excess it will be alkaline. Experiment shows that 1 level teaspoon of soda is neutralized by 2 full teaspoons of cream of tartar—that is, by a little more than 2 parts of cream of tartar to 1 part of soda; and these are the proportions in which they should be used.

Muriatic acid is sometimes used instead of cream of tartar, and when acted on by soda it leaves a residue of common salt, which is unobjectionable. It acts so quickly, however, that it is not adapted to domestic use, as much of the gas will escape before it performs any work, but it is sometimes used in bakeries.

When *sour milk* is used, the lactic acid it contains acts on the soda the same as the acid cream of tartar, and so liberates gas. The proportion to use is 1 teaspoon

of soda to 1 pint of sour milk, or $\frac{1}{2}$ teaspoon to a cup, but it should be remembered that very sour milk contains more acid than that which is just turning, so that some judgment is needed in gauging the proportions. In recipes where molasses is used, milk which tastes or smells sour, *but is not thick*, can be used as sweet milk.

Molasses furnishes another acid which answers the same purpose as that of the sour milk and cream of tartar, acting on the alkaline soda and liberating carbonic acid gas.

HOW TO MIX CAKE.—Probably, as many cakes are wasted through improper mixing, as by any other cause, unless it is insufficient beating. In mixing cakes in which butter is used proceed in the following order:

1. Cream the butter. If it is very cold, warm without melting it. (For the method of creaming butter, see "Puddings.")
2. Add the sugar and beat it thoroughly. If a very large amount is used, part may be beaten into the eggs.
3. Add the seasoning—spices, lemon-juice, flavoring extracts, etc., as given in each recipe, and incorporate them well with the butter and sugar.
4. Add the beaten yolks of eggs, and beat all well together.
5. Add the milk.
6. Add the flour, which should be already thoroughly mixed with the baking powder. Stir it in, a little at a time, or add a little flour and milk alternately, stirring continually, and now *beat long and vigorously* to fill it with air and make the cake smooth and fine-grained.
7. Add the beaten whites of eggs.
8. Add the fruit, if used, which should be already dusted with flour. Make fruit cakes a little stiffer with flour than those without fruit.

Sift baking powder and cream of tartar into the flour. Usually the soda is dissolved in the milk or water, but sometimes it is sifted into the flour.

Beat continuously, from beginning to end of the process. Place the dough in the prepared cake-tins and send to the oven as soon as possible, when finished, so that the air which has been beaten in (and which, by expanding, makes it light) may not escape.

Always work cake together with a spoon, if possible, but when a large quantity of fruit cake is made, it is necessary to use the hand in order to mix it properly.

For sponge cakes (which are those made without butter or shortening) proceed as follows: (1) Beat the yolks. (2) Gradually add the sugar and beat well. (3) Add the flavoring and water, if used

(4) Add the well-beaten whites of eggs. (5) Sift in the flour and carefully *fold* it in. After adding the flour, sponge cakes, unlike other cakes, should *not* be beaten. If beaten like other cake, after adding the flour, sponge cake will be tough and unwholesome, but if after folding in the flour, the cake is put directly into the oven it will be tender and digestible. The lightness depends on the quantity of air beaten into the egg. Less beating is required when soda and cream of tartar are used, but the cake is not as good.

Always use an earthen bowl or pan, for mixing cake. Butter and sugar, if worked to a cream in tin, is apt to be discolored. Beat the eggs with a silver or wooden spoon. As a rule (in cold weather, always), pour hot water into the mixing-bowl to warm it; then wipe dry. This facilitates the blending of the butter and sugar, and is the first operation.

If a large quantity of cake is to be made, the cook should have an assistant; for a small quantity, and if the cook is alone, everything in the way of ingredients or utensils should be ready at hand on the cooking table, so that there will be no delay. Much depends on mixing the cake rapidly, and immediately placing it in the oven. Those who will bear the above rules in mind can handle any cake, so far as the mixing is concerned.

Beating and Stirring.—There is a good deal of difference between beating and stirring. Stirring merely mixes the different ingredients together, while beating carries in air and thoroughly distributes it through the mass, and in baking, this air expands and makes the cake light. Unless the air is well beaten into the dough, no after attention will make it light and wholesome. After putting in the beaten white of egg, too much subsequent beating will let the air escape and so be a detriment. It is *beating*, not *stirring*, which is needed throughout the process.

Cake Baked in Paper.—If there is danger that cake will rise above the top of a pan and run out, or if you have a large cake and the pan is too small to hold it, the cake can be baked in paper as shown in the accompanying engraving. Make the paper case out of thick glazed paper, coat it thickly with butter, put in the cake, and the paper will not burn in a moderate oven.

Cake Pans.—Layer cakes are baked in thin cakes in tins made for the purpose, sometimes called jelly-cake tins. Loaf cakes are baked in deep bread tins,



CAKE BAKED IN PAPER.

or hoops and large pans made for the purpose. Flat loaves are usually baked in the old-fashioned brick shaped tins and are 1 or 2 inches in thickness.

The cake pans (with a few exceptions found among the recipes) should be well buttered, and clean, thick manilla or heavy writing paper fitted to the bottoms of the pans, and for rich fruit or wedding cakes which require baking for hours, 3 or 4 thicknesses will be a safe-guard against burning the bottoms of the cakes. Butter well the top sheet next the cake. It is not necessary to line the sides and ends of the pans if they are well buttered; a knife slipped around the cake will easily detach it.

In baking layer cakes the pans are not usually papered to prevent them from sticking, but when paper is not used butter the pans well, throw in a handful of flour and shake it well over the inside of the pan; then drop it, bottom side upward, to remove all the flour which does not adhere to the butter. If layer cakes do not easily remove from the pans, leave them for a few moments bottom side upwards, turned on a cloth, and the steam from the cakes will soon cause them to drop. If buttered paper is used put it in buttered side up, and let it overlap the sides about 1 inch to assist in lifting out the cake.

If a cake pan with a tube in the center is used the cake will bake more evenly. Many substitutes are devised by those who are without such pans, such as a lamp-chimney, glass bottle or paper tube. They should be greased, and placed in the center of the pan before the batter is poured in. Something weighted down is best, like a tumbler or bottle filled with sand.

The Oven and Baking.—While cake is being made there should be no other cooking done on the stove, for as success depends very much on the baking, the cake maker should constantly watch and have absolute control of the fire. Make the fire the first thing, and while the oven is heating mix and prepare the cakes.

In the absence of a thermometer, a few rules are here given for testing the heat of the oven, but as every stove or range bakes a little differently from others, the cook must learn by practice the proper heat required for different kinds of cake (1) Put white writing paper in the oven, and if it turns to a dark yellow color—not brown—in five minutes, the oven is of the right temperature for most cakes. (2) Place a little flour on a tin plate, and set it in the oven; if it turns a dark yellow in 5 minutes the heat is right. (3) Hold the hand in the oven and count 12. If you cannot do this the oven is too hot.

Small cakes require a quick oven when they are first put in, to make them rise, but the heat should not be increased after they have begun to bake. Large cakes should be put into a more moderate oven, in order that they may be well done in the middle before they are over-done on the outside.

Cake will not be light if the oven is too cold at first, or if it is too hot and bakes the cake too quickly. The oven is too hot if it browns the cake before it rises. Cake should first rise at the edge, the middle should come up, crack a little, then settle back and the cracks close. Too much flour has been used if it rises in the center the most, cracks, and remains up. Most loaf cakes require an oven about the same as bread, but layer cakes are best baked quickly and need a brisk fire.

For all cake the temperature should be *even*. For this reason avoid stirring the fire or crowding on heat during the process of baking, and if the fire is replenished add a little fuel at a time to keep the heat uniform. If the oven is too hot, slip one of the stove lids partially off for a little while, thus checking the draft.

If the oven bakes too rapidly on the bottom, an inverted dripping-pan may be placed in it, or if required, the bottom of the oven can be covered with hard-baked bricks. If it bakes too rapidly at the top, placing a thin hard-wood board, or a thick piece of paste-board on the top grate, over the cakes, is much better than covering the cakes with paper, which is likely to interfere with the crust as the cake rises. Open the oven as little as possible, and do not let a draft of cold air strike the cakes or they will fall, and do not move them till they "set" or brown a little on top.

Thin cakes (flat loaves) may be turned in the oven, if necessary, after baking 10 minutes; thick loaves of rich cake should not be moved in less than 20 or 30 minutes, and then the turning should be very gently done or they may be heavy in the center. The old "test" for cake was to insert a piece of clean broom-straw or a fine knitting-needle free from rust, and if the cake was done it would come out free from dough; another test is to hold the cake to the ear and listen closely; if done it will be *silent*; if there is the least noise return it at once to the oven. Another sign is its settling down a little and shrinking from the pan.

Fruit Cake.—It is better to steam fruit cake 3 hours and then transfer it quickly to a well heated oven and bake 1 hour, than to rely on baking alone. It is also a good plan to allow fruit cakes to stay in the oven until the fire dies down, after they are baked, planning to bake them the latter part of the day, and leaving until evening.

Gingerbread.—Mix soft gingerbreads as soft as they can be handled, and keep the molding-board well floured to prevent the dough from sticking. Use New Orleans molasses as we explained for other cake. Watch the oven closely, as molasses cakes burn more easily than others. If, before rolling out the dough, it gets too stiff, set it before the fire. Lemon or orange flavor can be added when desired, and many think it an improvement, and the same with raisins, fruit, etc. Ginger can be replaced by other spices, like cinnamon and nutmeg, by those who prefer their flavor to ginger. Yolks of eggs improve gingerbread even when not prescribed in the recipe; and yolks left from other cooking can be worked into gingerbread to advantage; 2 yolks equal one egg, and can be so used for this purpose.

EXTRACTS AND FLAVORINGS.

These are often adulterated. Many of them can be easily and successfully made at home, and much cheaper than to buy them, while their purity will then be assured. In making extracts use deodorized alcohol always. If the oils used are not pure and fresh they will spoil the extract by giving it a turpentine taste. If a little extract is dropped on anything after it is baked, less will be needed, because heat partially destroys the flavor. It is therefore better not to add extracts to anything while hot.

Essence of Allspice.—Add to a wine-glass of strong spirits, 1 drachm of the oil of allspice. This is used, 2 or 3 drops at a time, for puddings, soups, etc.

ALLSPICE is the popular name given to PIMENTO or JAMAICA PEPPER. It is the berry of a tree (*Pimenta Officinalis*) which grows in the West Indies and South America, and attains a height of 15 to 20 feet. The berries are picked green and dried in the sun, when they become black. Pimento contains about 4 per cent of an aromatic pungent oil much like cloves. It is a mild, agreeable and innocent spice.

Almond.—Crush 1 cup of the kernels of peach stone, and soak them in 2 cups alcohol. In using, allow 1 teaspoon of the extract for 1 quart of cake dough or custard. The flavor is very much like almonds.

Bedford Flavoring.—Put into a bottle 3 drops of peppermint, the same of oil of rose, and $\frac{1}{2}$ cup deodorized alcohol; shake well, and keep corked.

Essence of Celery.—Soak for 12 or 14 days $\frac{1}{2}$ oz. of celery seeds in



ALLSPICE.

$\frac{1}{4}$ pint of brandy. A few drops will flavor a pint of soup equal to a head of celery.

Cherry and Plum.—The kernels of cherry and plum stones, steeped in brandy, make a nice flavoring liquid for tarts, etc.

Citronelle.—Take the grated rind of 1 orange and 1 lemon peel, rub them to a pulp, and add $\frac{1}{4}$ of a nutmeg grated; add 1 cup water and 6 whole cloves, and gently boil 2 or 3 minutes; then strain, and add 1 cup sugar, and boil to a thin syrup; keep it in a bottle.

Coffee.—Infuse $\frac{1}{4}$ lb. of the best ground and roasted coffee, in 1 pint alcohol.

Curacao.—This is nothing but a tincture of the Curacao orange peel, sweetened and flavored with essential oils. Orange juice can be used in its place for flavorings; or orange essence, tinctured with cinnamon, mace or cloves.

Laural Flavoring.—Take an earthen bowl, and break into it 7 or 8 bay leaves, and add 4 cloves and $\frac{1}{8}$ of a nutmeg grated; then add $\frac{1}{2}$ cup of water and steep for a few minutes on the stove in a basin of hot water, and covered with a saucer; now strain, add 2 tablespoons of sugar, and when cold add $\frac{1}{2}$ cup deodorized alcohol. Keep bottled for use.

Lemon.—Put lemon peel, cut into small pieces, into a bottle, add alcohol enough to cover it, cork, and set it in a warm place 5 or 6 days, until the alcohol extracts the essential oil from the rind. It can be strengthened by adding oil of lemon, (about $\frac{1}{2}$ oz. to an 8 oz. bottle) or weakened by adding more alcohol. It is easily made, cheap and good.

Orange extract is made in the same way as the lemon.

Maraschino.—This, when genuine, is made from the kernel of the Marasca cherry, which is grown only in Dalmatia. It is often made from the oil of bitter almonds, blended with oils of cinnamon, rose-water, etc. A similar flavor can be made as follows: Infuse $\frac{1}{2}$ lb. of kernels of cherries (bruised), in 1 quart of alcohol for 6 days; add 1 drachm of oil of maraschino, and 1 lb. of white sugar, made into a syrup by boiling it in $\frac{3}{4}$ quart of water down to a pint; strain through a fine sieve, and bottle for use. Make $\frac{1}{2}$ or $\frac{1}{4}$ the quantity if desired.

Noyau.—This is made from white brandy and bruised bitter almonds. It contains a large proportion of prussic acid derived from the bitter almonds. The best comes from Martinique, but it is expensive and often imitated. Make thus: Infuse some fresh young peach leaves in whisky for a couple of days; then strain the infusion and mix with clarified syrup when cold. With age it will nearly equal the genuine.

Ratafias.—This is the name given to spirituous liquors flavored with the kernels of various fruits, such as peaches, cherries, apricots, etc., used as flavoring for sweet dishes. Although delicious when used sparingly, they are unpleasant or even poisonous if used to excess. Peach or apricot leaves infused in alcohol can be used instead of ratafia for flavoring pudding. The *ratafia cakes* are flavored with almonds.

Cherry Ratafia.—Take 1 lb. Morrella cherries with the kernels bruised, 1 pint proof spirits, $\frac{1}{4}$ lb. sugar; let it soak 2 weeks, and strain through flannel.

Currant Ratafia.—Take $\frac{1}{2}$ cup black currant juice, 2 grains cinnamon, 2 grains cloves, 2 grains peach kernels, 1 pint brandy, 6 oz. white sugar; let stand 2 weeks, and strain through flannel.

Rose Extract.—Let rose leaves soak in alcohol till the essential oil is extracted (about a week); then strain, and add about $\frac{1}{2}$ drachm of otto of roses to 1 pint of the extract.

Tea Flavoring.—Take about 4 teaspoons of the best black tea, crush it and put it into a bowl (it is a good plan to mix 2 or 3 different kinds); pour on about $\frac{3}{4}$ cup of freshly boiled water, and boiling hot; cover it with a saucer, and let it steep 10 or 12 minutes; then strain through cloth and use.

Vanilla.—Cut up 5 or 6 vanilla beans, pods and all, put them in a pint bottle, fill with alcohol, and in a few days the alcohol will extract the essential oil. Equal parts of vanilla and tonka beans can be used, and a very good flavoring extract produced. The tonka beans should be soaked in warm water till the skin can be rubbed off, and then both should be cut in small pieces.

Vanilla sugar is prepared by cutting up the pods, putting them in a mortar with 10 or 12 times as much sugar, and pounding fine; then pass it through a fine sieve, pound again if necessary, and keep in a bottle tightly corked. Or the beans can be cut up, put in a jar, covered with the sugar, and covered tightly. Use the sugar as needed, adding more as long as the beans flavor it.

Syrup of vanilla is simple syrup flavored with essence of vanilla.

The vanilla bean is the fruit of a plant (an orchid) indigenous to Mexico, Peru, Brazil, etc. The fruit is cylindrical in shape and is filled with small, black, oily seeds. Its odor is due to the presence of benzoic acid, and is so powerful that it is said to intoxicate those who climb the trees to gather it. Vanilla is not suitable for flavoring food for invalids because of its medicinal qualities. It is a gentle stimulant and promotes digestion. The Mexican beans are the best.



TONKA BEAN.

The tonka beans are the seeds of the *Dipteris odorata*, which is a native of Guiana. The odor comes from a volatile oil which they contain.

Rose Water.—This can be prepared by putting a large pinch of carbonate of magnesia, and 4 drops of kissaulik otto of rose into 2 pints of pure water; then filter through fine muslin or filter paper. If the otto is good it will make a fine rose water, and will keep indefinitely.

Orange Flower Water.—This can be prepared the same way, using 4 drops of oil of neroli Begarade, instead of the otto of rose.

To Grate Lemon Peel.—Lemon peel gives a different flavor from any extract. There is a right and wrong way to grate it. The flavor comes from an essential oil found only in the *yellow* rind at the surface. The white part underneath is bitter, contains no lemon flavor, will curdle milk or cream, and is objectionable. Therefore grate a lemon carefully, aiming to remove all the yellow surface, *but no more*. Begin at the end, turn the lemon round as it is grated, and work evenly, and it can be easily and smoothly done. This gives the *zest* as it is called.

Orange peel can be grated the same way. Either can be used for sherbets, cakes, puddings, etc. They can be kept on hand for use by mixing them with powdered sugar, (use 4 parts sugar to 1 part grated peel) and keep in tightly corked bottles.

COOKING IN HIGH ALTITUDES.

In all high altitudes the rule is to use less butter and sugar, and more flour and eggs. If too much butter is used in such regions the cake will fall, so that very rich cakes cannot be made there. The greater the elevation the more difficulty is experienced. Cakes having no butter like sponge cake, are easily made in high altitudes. (See also our "Denver cake.") The *filling* for layer cakes can be made quite rich in such regions, if desired.

The reason for the foregoing rule appears to be this: The object in beating eggs is to fill them with air, which the tenacious albumen of the egg holds, and carries into the cake, but in high altitudes the air thus incorporated is much *lighter* than at sea level, and the cake will fall unless it is "held up," so to speak, by a stiff batter; hence the rule is to "Double the flour, or divide the egg, and use less butter." It is found in these regions that powdered sugar works better than granulated. At an altitude of 6,000 feet above sea level, for an ordinary cake recipe use only one-half as much sugar, and from one-fourth to one-half as much butter as the recipe calls for. At that altitude not over one-half cup of butter can be used, as a rule, in any cake. This rare atmosphere is very dry, and quickly dries cake and bread. These should be kept in a close box, in which vessels of water are placed to keep the air moist. Owing to this dryness of the air, however, meats will keep much longer than in damper climates. The effect of light air on boiling water we have explained on page 16. It is difficult to cook anything by boiling at all, above what is known as "the timber line." Eggs must be boiled 10 minutes to even be "soft" on Pike's Peak.

LAYER CAKES.

Let layer cakes cool on some flat surface, like an inverted jelly-tin, rather than on an uneven surface, like a plate. An inverted jelly-tin also makes a good base on which to build up a jelly cake, and it should be left there till cold. Those with a little experience can vary the fillings for jelly cakes and make many attractive combinations, but the novice will best adhere to her recipes closely.

For Time to Bake see "Loaf Cakes."

FILLINGS.

Layer cakes, when analyzed, will be found to consist of a cake baked in layers (different recipes being often quite similar) and then various fillings are used. We give an exceptionally full list of different fillings which are suitable for use with *any* good recipe for layer cake, and many varieties are thus easily produced.

ALMOND FILLING.—Use 1 cup thick sour jam, 1 teaspoon vanilla, 1 lb. almonds, blanched and chopped fine, and sugar to taste or make sweet. Or, (2) Stir blanched and chopped almonds into whipped or mock whipped cream, and spread between layers. Or, (3) Mix chopped almonds into the icing filling given below.

APPLE FILLING.—Cook 2 large apples until soft; then add 1 cup sugar, the well-beaten yolk of 1 egg, and the juice and grated rind of 1 lemon; cook all, about 5 minutes, and spread between the layers while warm. Or, (2) Mix slices of apple in the icing filling given below.

DRIED FRUIT FILLING.—To 4 cups of the best evaporated apples, take 3 cups of nice dried raspberries, and let them cook slowly for 3 or 4 hours; then work through the colander and add 2 cups of sugar (or more, if preferred) and flavor with vanilla. This is nice for layer cake, short cake, and with meats.

BANANA FILLING.—Mash 6 bananas, add the juice of 1 lemon, and 3 tablespoons of sugar—more if liked. Or, (2) Mix sliced bananas with the whipped cream or icing fillings given below.

CARAMEL FILLING.—Take 1 cup granulated sugar, 1 cup brown sugar, $\frac{1}{2}$ tablespoon butter (scant,) $\frac{1}{2}$ cup sweet milk; boil about 7 minutes; add 1 teaspoon vanilla, beat, and spread on cake.

CHOCOLATE FILLING.—Into $\frac{1}{2}$ cup milk scrape 2 squares of chocolate and add 3 tablespoons sugar (heaping); boil till thick, and spread between layers and on top.

CREAM CHOCOLATE FILLING.—Take $1\frac{1}{2}$ cups of confectioner's sugar and just enough sweet cream to moisten; mix well, set the vessel containing it in a kettle of hot water and let it come to the boiling point; then add the whites of 2 eggs beaten to a stiff froth, also enough grated chocolate to give a light or dark color, as desired. Beat until cool and stiff; then add a teaspoon of vanilla; spread between and on the top of layer cakes.

COCOANUT FILLING.—Use either a plain or boiled icing, and stir in either grated or dessicated cocoanut. The cocoanut is sometimes soaked in milk for $\frac{1}{2}$ hour before using it.

CRANBERRY FILLING.—On each layer spread rich cranberry jelly, and cover it with white icing.

CREAM FILLING.—One pint of sweet milk; 1 small cup of sugar; put it over the fire, in a double boiler, or pail set in a kettle of boiling water; just before it boils add 2 well-beaten eggs; a pinch of salt, and 2 tablespoons of corn-starch dissolved in a little cold milk; stir until it thickens. When cool, flavor with vanilla or lemon.

WHIPPED CREAM FILLING.—Whip 1 cup sweet cream to a stiff froth; sweeten and flavor to taste, and spread on. The cream will froth easier if put on ice $\frac{1}{2}$ hour before whipping.

MOCK WHIPPED CREAM.—Take 1 large sour apple, peeled and grated, 1 cup white sugar, white of 1 egg; beat all together a long time. Flavor with vanilla. Mix the apple with the sugar as soon as possible after grating, or it will turn dark. Use like whipped cream. Delicious. Try it.

CUSTARD FILLING.—Spread good custard between layers, having it slightly cool before spreading it on.

DATE FILLING.—Take 2 lbs. dates, remove the seeds, chop fine and add cold water enough to make a smooth paste.

Figs may be prepared the same way.

FIG FILLING.—(1) Use 1 cup chopped figs, $\frac{2}{3}$ cup hot water, 1 small cup powdered sugar; cook till soft, and spread between layers. Or (2) Stir chopped figs into the icing filling given below.

ICING FILLING.—Beat together whites of 3 eggs and 1 cup pulverized sugar; add $\frac{1}{2}$ teaspoon of any flavoring desired. This can be varied by stirring in any fruit desired, such as stoned and seeded raisins, chopped almonds, bananas, berries, figs, dates, etc.

BOILED ICING FILLING.—Put a little water on 2 cups of granulated sugar—just enough to dissolve it; let it boil until it threads

from a spoon; pour it slowly on the well-beaten whites of 2 eggs, beating all the time, until thick enough to spread on the cake; add a teaspoon of any flavoring desired. As it cools any kind of fruit can be stirred in if desired.

JELLY FILLING.—Fruit jelly, jam or marmalade of almost any kind is nice spread between layers of cake. Add a layer of icing also if desired.

LEMON FILLING.—Use 1 lemon (juice and grated rind), 1 egg, $\frac{1}{2}$ cup sugar, 1 tablespoon of water, butter size of walnut. Beat all together, set on stove and let boil up a minute.

LEMON HONEY FILLING.—Use 1 lb. loaf sugar, 2 whole eggs, yolks of 8 eggs, $\frac{1}{4}$ lb. butter, juice of 6 lemons, grated rind of 2 lemons. Put the sugar, lemon and butter into a saucepan, and melt over a gentle fire; when all is dissolved stir in the eggs, which have been well beaten; stir rapidly until it is as thick as honey. Spread this between the layers of cake. Set aside the remainder in a closely covered vessel for future use.

MAPLE FILLING.—Take 1 cup maple sugar, 1 cup white sugar and $\frac{1}{2}$ cup of water; boil until it will form in stiff drops when dropped into cold water; cool until slightly warm, and add whites of 2 eggs, beaten stiff; spread between the layers of cake.

MOCK MAPLE FILLING.—Take 2 cups good brown sugar, $\frac{1}{2}$ cup sweet cream, butter size of large egg; boil together carefully 12 minutes; strain through a hair sieve or double cheese cloth. Flavor with $1\frac{1}{2}$ teaspoons vanilla. Let it cool and thicken before spreading on cake.

NUT FILLING.—Take 1 cup sugar, 1 cup thick cream, (sweet or sour) 1 cup hickory nuts chopped fine; boil all together until thick. Any other oily nuts can be used instead, such as peanuts, almonds or butternuts.

ORANGE FILLING.—Take the juice and grated rind of 2 oranges, stir in as much powdered sugar as the liquid will take up, and spread it between layers. This may be varied by stirring in desiccated cocoanut with the sugar, and then sprinkling dry cocoanut on top of the cake. Or use the whites of 2 eggs beaten stiff, grated rind and juice of 1 orange made thick with pulverized sugar; beat all well together and use. Or mix slices of orange into the icing filling given above.

ORANGE FILLING No. 2.—One cup sugar wet with 3 tablespoons of orange juice (enough drops from the oranges as you slice

them, if not, use water); 1 tablespoon of butter. Simmer this on the stove until a nice syrup, and when boiling add 2 beaten eggs; remove from stove and stir briskly. When cold add orange or lemon flavor and the sliced fruit, and spread between the layers.

ORANGE AND COCOANUT FILLING.—Beat 1 egg stiff, add 1 cup sweet cream, 1 cup grated cocoanut, juice and $\frac{1}{2}$ the grated rind of 1 large orange and $\frac{1}{2}$ cup sugar. Spread it between layers and on top of cake, and sprinkle on fresh grated cocoanut.

PEACH OR FRUIT CREAM FILLING.—Cut peaches into thin slices, or chop them, and prepare cream by whipping and sweetening. Put a layer of peaches between the layers of cake, and pour the cream over each layer and over the top.

Bananas, strawberries, and other fruit may be used the same way, mashing the strawberries when used, and strewing them thick with powdered sugar.

PINEAPPLE FILLING.—Chop 1 pineapple fine and cook it with $\frac{3}{4}$ its weight of sugar; while hot, add $\frac{1}{4}$ box of gelatine (having had that soaking in cold water for 1 hour before.) It should be thick enough not to run. Spread thickly on all layers but the top one.

PLUM FILLING.—Stew plums till soft, remove pits and skins, and pass the pulp through a coarse sieve. Spread between layers. Or (2) stew, chop, and stir the plums into the icing filling given above.

PRUNE FILLING.—Stew, stone and chop the prunes and stir them into the icing filling given above.

RAISIN FILLING.—Seed and chop 1 cup of raisins, and stir them into the icing filling given above. Or, use equal amounts of raisins and blanched almonds (chopped) if desired.

RAISIN FILLING No. 2.—Take 1 cup maple syrup, add a little vinegar to prevent its graining, boil till it threads from a spoon; then add 1 cup raisins, seeded and chopped, and stir till cold.

RHUBARB FILLING.—Yolks of 2 eggs, beaten, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup rhubarb juice, strained and sweetened; set the dish containing this mixture in a pan of hot water, and stir continually until the paste is smooth and thick. Then spread between layers of cake.

STRAWBERRY FILLING.—Take white of 1 egg, beat till very

stiff, add $\frac{3}{4}$ cup of sugar and beat again; then add $\frac{1}{2}$ cup fresh strawberries bruised to a pulp, and beat till stiff.

STRAWBERRY AND RASPBERRY FILLING.—Spread icing over each layer, and cover the icing with choice fresh strawberries or raspberries, or stir the fruit into the icing before spreading it on.

TUTTI FRUTTI FILLING.—Make a soft icing with whites of 2 eggs, well beaten, and pulverized sugar. Flavor with vanilla or lemon if desired. Then stir into it $\frac{1}{2}$ cup best raisins, seeded and chopped fine, 2 tablespoons currants, washed, dried and picked, 2 tablespoons orange marmalade. Enough for 2 good sized layer cakes. Other combinations of fruit can be easily devised by the ingenious cook, and stirred into a soft icing. Almonds (chopped), raisins (seeded and chopped) and cocoanut make a nice combination. So do figs, almonds and citron.

LAYER CAKE.

$\frac{1}{2}$ cup butter.	1 pint flour.
1 cup sugar (heaping).	2 level teaspoons baking powder.
$\frac{1}{2}$ cup milk.	
2 eggs.	1 teaspoon lemon extract.

Bake in layers. This is a standard recipe. It can be varied, if desired, by using $\frac{1}{2}$ to 1 cup of corn-starch in place of that much flour, and 4 to 6 eggs could be used if preferred; also rich cream instead of milk, and any other extract instead of the lemon. Use any of the preceding fillings desired.

1-2-3 CAKE.

$\frac{1}{2}$ cup butter.	3 cups flour.
1 cup milk.	2 teaspoons baking powder.
2 cups sugar.	Any flavoring desired.
3 eggs.	Bake in layers.

Filling.—Use 1 cup milk; 2 eggs; $\frac{1}{4}$ cup sugar; lump of butter the size of a large hickory nut; any flavoring desired. Bring the milk to a boil; thicken the egg with flour and add to the boiling milk. When off the fire stir in 1 cup cocoanut. Also sprinkle cocoanut over the top of cake when it is done.

LAYER CAKES

ALMOND CAKE.

1 cup butter.	3 eggs.
2 cup sugar.	4 cups flour.
1 cup milk.	2 teaspoons baking powder.

Bake in layers and use the almond filling given among our fillings.

APPLE JELLY CAKE.

2 tablespoons butter.	1 egg.
1 cup sugar.	2 cups flour.
1 cup sweet milk.	2 teaspoons baking powder.

Bake in layers, and use the apple filling given among the previous fillings.

CHOCOLATE CAKE No. 1.

$\frac{1}{2}$ cup butter.	4 eggs.
2 cups powdered sugar.	2 cups flour (well filled).
$\frac{1}{2}$ cup sweet milk.	2 teaspoons baking powder.

Divide into 3 parts and bake 2 layers as mixed. Into the third part mix $\frac{1}{2}$ cup grated chocolate and bake. For the icing, boil 1 cup white sugar and 3 spoonfuls water till it ropes; add the white of an egg and beat together until white. Ice each layer, putting the dark layer in the center, and ice the top.

BEATEN CREAM CAKE.

$\frac{1}{2}$ cup butter.	3 whites of eggs.
1 cup sugar.	2 cups flour.
$\frac{3}{4}$ cup milk.	2 teaspoons baking powder.

Bake in 3 layers and put together with thick sweet cream beaten with a little pulverized sugar. Or use the "mock whipped cream" given among the fillings.

CHEAP CREAM CAKE.

1 tablespoon butter.	1 egg.
1 cup sugar.	2 cups flour.
1 cup sweet milk.	1 teaspoon baking powder.

Add 1 teaspoon of any flavoring and bake in layers. Use the cream filling given among our fillings.

CHOCOLATE CAKE No. 2.

$\frac{1}{2}$ cup butter.	2 eggs.
1 cup sugar.	2 cups flour.
$\frac{1}{2}$ cup sweet milk.	1 $\frac{1}{2}$ teaspoons baking powder. Bake in layers.

Chocolate Cream For Filling.—Take $\frac{1}{2}$ cup milk, yolk of 1 egg, $\frac{1}{2}$ cup chocolate, 1 teaspoon vanilla; sweeten to taste; boil until thick as jelly. Spread between layers when cold.

COCOANUT CAKE.

1 cup butter.	10 whites of eggs.
2 cups sugar.	3 $\frac{1}{2}$ cups flour.
1 cup sweet milk.	2 $\frac{1}{2}$ teaspoons baking powder.

Filling.—Whites of 2 eggs beaten stiff and sugar enough added to keep it from running; spread it on layers, and sprinkle cocoanut between layers and on top of cake.

COCOANUT CAKE No. 2.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup corn-starch.
1 $\frac{1}{2}$ cups sugar.	1 $\frac{1}{2}$ cups flour.
$\frac{1}{2}$ cup water.	1 teaspoon cream tartar.
6 whites of eggs.	$\frac{1}{2}$ teaspoon soda.

Bake in layer tins. Then take the whites of 3 eggs and beat to a froth with 6 tablespoons of sugar and 1 cup grated cocoanut. Use it for both filling and frosting.

CREAM CAKE.

1 cup sugar.	1 $\frac{1}{2}$ cups flour.
3 eggs.	2 small teaspoons baking
3 tablespoons water.	powder.

Bake in 4 jelly tins, and when done spread the layers with the cream filling given among our fillings. Do not spread on the filling till the cake is cold. If preferred it can be baked in 2 ordinary pie tins and split open when cold.

LAYER CAKES

CUSTARD CAKE.

1 cup sugar.	1½ cups flour.
3 eggs, beaten separate.	1 teaspoon baking powder.
2 tablespoons cold water added to the beaten whites.	Flavor to taste.

Bake in 2 tins in a hot oven; split when hot, and spread with custard.

DATE CAKE.

1 cup butter.	1 teaspoon vanilla.
2 cups sugar.	3 cups flour.
1 cup milk.	2 teaspoons baking powder.
5 eggs.	

Bake in 5 layers, and use the date filling given among our fillings.

DENVER CAKE.

½ cup butter.	1 cup sweet milk.
1½ cups sugar.	3 cups sifted flour.
6 eggs.	2 teaspoons baking powder.

This cake must be well beaten. It will make 5 layers. Use any filling desired. It can be made in high altitudes.

ECONOMICAL LAYER CAKE.

½ cup butter.	2 cups flour.
1 cup sugar.	3 teaspoons baking powder.
1 tablespoon corn-starch made smooth in	
1 cup sweet milk.	

Bake in thin sheets. Use cream, cocoanut, jelly or any filling desired.

FIG LAYER CAKE.

½ cup butter.	2 cups flour (sifted).
1 cup sugar.	2 teaspoons baking powder.
4 large or 5 small eggs.	1 teaspoon vannilla.
½ cup milk.	

Bake in 4 layers. When cold spread on our "Fig Filling, No. 1."

IROQUOIS CAKE.

$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ cups flour.
1 cup powdered sugar.	2 teaspoons baking powder
3 whites of eggs.	(scant).
$\frac{1}{2}$ cup milk.	1 teaspoon lemon extract.

Bake in 2 tins, and use the "icing filling" given among our fillings.

JELLY CAKE.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup milk (scant).
1 cup sugar.	$1\frac{3}{4}$ cups flour.
2 eggs.	2 teaspoons baking powder.

1 teaspoon of any flavoring.

Bake in three layers. Spread jelly between layers for filling.

PEACH CAKE.

Bake sponge cake in 3 layers as for jelly cake; take fine ripe peaches, chop fine or slice thin. Between layers and on top put a layer of the peaches and cover them with either the whipped cream or mock whipped cream given among our fillings. Eat soon after preparing it.

ROCHESTER JELLY CAKE.

LIGHT PART.

1 cup butter.	3 cups flour.
2 cups white sugar.	2 teaspoons baking powder.
6 whites of eggs.	1 teaspoon lemon extract.
1 cup sweet milk.	Bake in 3 layers.

DARK PART.

$\frac{1}{2}$ cup butter.	2 cups seeded raisins.
1 cup brown sugar.	$\frac{1}{2}$ cup citron (chopped fine).
$\frac{1}{2}$ cup molasses.	$\frac{1}{2}$ teaspoon cloves.
1 egg.	1 teaspoon cinnamon.
2 cups flour.	$\frac{1}{4}$ nutmeg, grated.
$\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{2}$ cup coffee.	1 teaspoon lemon extract.
	Bake in 2 layers.

Put light and dark parts alternately, spreading jelly between the layers. Frost the top.

ROLLED JELLY CAKE.

1 cup sugar.	1 cup flour
3 eggs.	1 teaspoon baking powder.
2 tablespoons milk.	$\frac{1}{2}$ teaspoon lemon extract.

Bake in a long tin, and while warm spread with jelly or jam (raspberry is best) and roll thus; spread a towel on the table, lay on the cake, and roll, keeping towel over it to prevent its cracking. Do not take off towel until the cake is cold.

MINNEHAHA CAKE.

1 cup butter.	3 cups flour.
2 cups sugar.	2 teaspoons baking powder.
1 cup milk.	Flavor with lemon.
8 whites of eggs.	

Filling.—Use 1 cup blanched almonds, and 2 cups seeded raisins, chopped fine; mix these with a boiled frosting, and flavor with lemon. Put blanched almonds in halves in the frosting on top.

NUT LAYER CAKE.

$\frac{1}{2}$ cup butter.	2 cups flour.
1 cup sugar.	1 $\frac{1}{2}$ teaspoons baking powder.
$\frac{1}{2}$ cup sweet milk.	
2 eggs.	1 teaspoon vanilla.

Use the "Nut Filling" given among our fillings.

ORANGE CAKE.

1 cup butter.	2 cups flour.
2 cups sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup water.	1 orange, juice and grated rind.
5 yolks of eggs.	
3 whites of eggs.	

Use the orange filling No. 1 given among our fillings.

CORN-STARCH JELLY CAKE.

1 cup butter.	1 cup flour.
2 cups sugar.	7 whites of eggs.
1 cup sweet milk.	1 teaspoon cream tartar.
1 cup corn-starch.	$\frac{1}{2}$ teaspoon soda.

Bake in layers. Spread any good jelly between layers for filling.

ORIENTAL CAKE.

WHITE AND PINK LAYERS.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup corn-starch.
1 cup granulated sugar.	$1\frac{1}{4}$ cups flour.
$\frac{1}{2}$ cup milk.	1 heaping teaspoon baking
3 whites of eggs.	powder.

Beat butter and sugar to cream, add milk and corn-starch, first stirring them together, then the flour and baking powder, and last the whites of eggs beaten light. Divide the mixture in two, and into $\frac{1}{2}$ put as much pink coloring as you like, the object being to form different colored layers.

YELLOW AND BROWN PARTS.

$\frac{1}{2}$ cup butter.	1 whole egg.
1 cup sugar.	$1\frac{3}{4}$ cups flour.
$\frac{1}{2}$ cup sweet milk.	$1\frac{1}{2}$ teaspoons baking powder.
4 yolks of eggs, beaten light.	

After mixing divide into 2 parts, and to 1 part add: 1 oz. grated chocolate, 1 tablespoon of water, 3 teaspoons of sugar and $\frac{1}{2}$ teaspoon of vanilla, which should be stirred until smooth over a hot fire. Bake all the layers in jelly-pans in a moderate oven—it should bake in about 20 minutes.

For filling use 1 cup powdered sugar, and whites of 2 eggs, beaten light. Use the brown cake for the bottom layer, spread over it a thin coating of the filling and cover with a layer of thin slices of figs placed close together; next the yellow cake with icing and sliced oranges free from seeds and rind; next, whites with icing and cocoanut; finish with the pink layer spread with a firm, white icing, decorated with almonds and candies. It is best eaten fresh. This makes a delicious cake. If desired, you can leave out all the filling except the icing. 24

POLONAISE CAKE.

1 cup butter (scant).	3 cups flour.
2 cups pulverized sugar.	1½ teaspoons baking powder.
1 cup milk.	Bake in 4 layers.
7 whites of eggs.	

Filling.—Use 3 cups pulverized sugar boiled in a little water until brittle; then turn the hot sugar upon the beaten whites of 4 eggs, stirring until cold. On the first layer spread $\frac{1}{2}$ lb. macaroons chopped fine and mixed with some of the frosting. On the second layer $\frac{3}{4}$ lb. crystalized fruit, chopped fine, mixed with some of the frosting and flavored with lemon. Third layer, $\frac{1}{2}$ lb. blanched almonds and $\frac{1}{4}$ lb. citron both, chopped fine and mixed with some of the frosting, flavored with 1 teaspoon extract of almonds and 1 teaspoon of rose water. Frost the top with the frosting left over, mixed with a little crystalized fruit.

WHITE CAKE.

$\frac{1}{2}$ cup butter.	2 cups flour.
1 cup powdered sugar.	1½ teaspoons baking powder.
1 cup sweet milk.	Flavor with almond.
2 whites of eggs.	Bake in layers.

Grated cocoanut mixed with sugar can be spread between the layers; or, if desired, an icing can be made of 1 cup powdered sugar, whites of two eggs, and enough dissolved chocolate to give it a rich dark color.

COCOANUT WHITE CAKE.

$\frac{1}{2}$ cup butter.	3 eggs.
1½ cups sugar.	2 cups flour.
$\frac{1}{2}$ cup sweet milk.	1½ teaspoons baking powder.

Bake in jelly tins. Make a frosting of the whites of 2 eggs and $\frac{1}{2}$ cup sugar, and beat into it some finely grated cocoanut. Spread it between and on top of cake and set it aside to cool.

CREAM PUFFS.

3 cups flour.	2 cups boiling water.
1 cup butter.	5 eggs.
A pinch of salt.	

Mix the flour, butter and salt, pour in the boiling water, beat lightly, and put on the stove in a rice boiler; cook until it becomes thick, stirring constantly. Then take from stove, let it cool, and then break in the eggs 1 at a time. Drop on buttered dripping pan or gem irons, and bake. Have the puffs baked just before serving time; split and fill them with the custard filling given among our fillings, having it slightly cool before putting it in the puffs.

RIBBON CAKE.

$\frac{1}{2}$ cup butter.	5 yolks of eggs.
1 cup sugar.	2 cups flour.
$\frac{1}{2}$ cup milk.	1 $\frac{1}{2}$ teaspoons baking powder.

Mix and divide. Flavor one half with orange; for the other half use vanilla, and enough grated chocolate to color brown. Take enough for 1 layer out of each half. Then take

$\frac{1}{2}$ cup butter.	5 whites of eggs.
1 $\frac{1}{2}$ cups sugar.	2 cups flour.
$\frac{1}{2}$ cup milk.	1 $\frac{1}{2}$ teaspoons baking powder.

Mix and divide. Flavor one half with lemon; flavor the other half with rose water, and with pulverized cochineal color it pink or red. Take enough for 1 layer out of each half. Then mix all the balance of the batter together and put in any kind of fruit desired—seedless raisins, currants or citron. Bake in 5 layers. Build the cake while hot, putting nothing between layers. Have the fruit layers alternate with the brown, white, yellow and red. Frost top or not.

STRAWBERRY CAKE.

Any sponge cake recipe will do; make the sponge cake dough in very thin layers and bake in biscuit pans. Beat the whites of 4 eggs, and when stiff add 4 teaspoons sugar. Have ready a dish of strawberries, sweetened enough to take away the acid taste, and spread it between the layers, covering the berries with the frosting. Cut in small squares and serve cold.

VANITY CAKE.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup corn-starch.
$1\frac{1}{2}$ cups sugar.	$1\frac{1}{2}$ cups flour.
$1\frac{1}{2}$ cups sweet milk.	1 teaspoon baking powder.
6 whites of eggs.	

Bake in 2 cakes, putting frosting between and on top.

LOAF CAKES.

Time to Bake.—Thin cakes will bake well in 15 to 20 minutes; thicker cakes require 30 to 40 minutes; and very thick ones will require about 1 hour. Fruit cake will require from 2 to 3 hours.

Do not take cakes out of the oven too soon. Let delicate cakes cool a little in the pans as they are apt to fall if taken out of them hot, but do not let cakes stay in the pans till moist. Let the air circulate around cakes freely to cool them, and have them thoroughly cold before putting them away. Keep them in a tin box or stone jar tightly closed. Any cake made with yeast is best eaten quite fresh. Cakes which are to be long kept, like wedding, black and fruit cakes, can be wrapped in waxed paper to advantage. Any cake can have powdered sugar dusted on it while warm; if it melts, more can be added after it cools.

Use a warm knife if you cut cake while it is warm.

ALMOND CAKE.

$\frac{1}{2}$ cup butter.	2 cups flour.
$1\frac{1}{2}$ cups sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup milk.	1 cup blanched almonds.
3 eggs.	

Blanch the almonds, split them lengthwise, dry them, and mix with the cake last.

APPLE CAKE.

$\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup lard—melt these together.	2 eggs. 4 teaspoons baking powder. Flour enough to make rather soft.
$\frac{1}{2}$ cup sugar.	
$2\frac{1}{2}$ cups milk.	

Pare and slice 7 or 8 apples and set them down into the top of the dough, close together, when it is in the pan. Sprinkle $\frac{1}{2}$ cup sugar and some cinnamon on top of all. Bake slowly, and when the apples are done the cake is done. This makes a dripping pan full.

APPLE CAKE No. 2.

$\frac{1}{2}$ cup butter.	2 cups preserved apples.
1 cup brown sugar.	2 teaspoons cinnamon.
1 cup molasses.	1 nutmeg.
1 cup boiling water.	1 teaspoon soda.

After these are well mixed together add 2 well-beaten eggs and 4 cups flour. To preserve the apples, take 1 quart of chopped apples and stew slowly in $1\frac{1}{2}$ cups molasses 4 or 5 hours, or until reduced to 1 pint. Bake in a moderate oven. Will keep several weeks.

DRIED APPLE CAKE.

1 cup butter or cream.	1 teaspoon soda.
1 cup sweet milk.	Spice to taste.
3 cups flour.	

Soak 2 cups dried apples over night; in the morning boil them 1 hour (or till soft) in 1 cup sugar and 1 cup molasses; when cold, add the above ingredients and bake.

ANGEL'S FOOD.

Take 1 tumbler of flour and put into it 1 teaspoon of cream of tartar and sift the whole 4 times; beat the whites of 11 eggs to a stiff froth and then beat in $1\frac{1}{2}$ tumblers of pulverized sugar, a teaspoon of vanilla, and a pinch of salt; then add the flour and beat thoroughly

but lightly; bake in a bright ungreased pan 40 to 45 minutes. When done, turn it over to cool, placing something under the corner of the pan so that the air will circulate underneath and assist the cooling; cut it out when cool.

BLACK CAKE.

1½ cups butter.	1 teaspoon mace or nutmeg.
2 cups brown sugar.	1 teaspoon cinnamon.
2 cups sweet milk.	1 teaspoon cloves.
2 tablespoons molasses.	4 cups currants.
6 eggs beaten separate.	1 cup citron.
3 cups browned flour.	4 cups raisins.
2 teaspoons cream tartar.	Bake 3 hours.
1 teaspoon soda.	

BLUEBERRY OR HUCKLEBERRY CAKE.

1 tablespoon butter (rounding).	2 cups flour.
1 cup sugar.	2 teaspoons baking powder (scant).
½ cup milk.	1 cup berries, added last.
2 eggs.	

BREAD CAKE.

½ cup butter added to ½ cup lard.	1½ cups raisins. Nutmeg and cinnamon.
2 cups sugar.	2 cups dough.
2 eggs, well beaten.	1 teaspoon soda.
	Work the cake thoroughly.

BUTTERMILK CAKE.

1 teaspoon butter.	2 cups flour.
1 cup sugar.	1 teaspoon soda.
1 cup buttermilk.	Spice to taste.
1 egg.	Cheap and good.

CAMERON CAKE (*Without Eggs*).

½ cup butter.	½ teaspoon soda.
1½ cups sugar.	2 cups chopped raisins.
1 cup sour milk.	Nutmeg and cinnamon to taste.
3 cups sifted flour.	

CANADA CAKE (*Without Eggs.*)

$\frac{1}{2}$ cup butter.	$2\frac{1}{2}$ cups flour.
1 cup sugar.	1 cup raisins.
1 cup sour milk.	1 teaspoon soda in the sour milk.

CHOCOLATE CAKE.

1 cup butter.	$3\frac{1}{2}$ cups flour.
2 cups sugar.	$2\frac{1}{2}$ teaspoons baking powder.
1 cup milk.	1 teaspoon vanilla.
5 eggs (leaving out whites of 2).	

For frosting beat the whites of the 2 eggs with sugar enough to keep it from running, and add $\frac{1}{2}$ cake of sweet chocolate; flavor with vanilla. Apply the frosting while the cake is hot.

CLOVE CAKE.

1 cup butter.	$\frac{1}{2}$ teaspoon cloves.
2 cups brown sugar.	$\frac{1}{2}$ nutmeg.
1 cup sour milk.	1 teaspoon cinnamon.
1 egg.	1 cup raisins.
3 cups flour.	$\frac{1}{2}$ teaspoon salt.
1 teaspoon soda.	

CIDER CAKE.

$\frac{1}{2}$ cup butter.	4 cups flour.
1 cup sugar.	1 teaspoon soda.
1 cup cider.	1 cup raisins.
1 egg.	

CITRON CAKE.

1 cup butter.	$4\frac{1}{2}$ cups flour.
3 cups brown sugar.	$2\frac{1}{2}$ teaspoons baking powder.
1 $\frac{1}{2}$ cups sweet milk.	2 cups citron, cut fine.
7 eggs.	

COFFEE CAKE.

1 cup butter.	$4\frac{1}{2}$ cups flour.
2 cups brown sugar.	2 teaspoons baking powder.
1 cup strong coffee (cold).	1 cup raisins (chopped).
1 cup molasses.	2 teaspoons cinnamon.
3 eggs.	1 teaspoon cloves.

LOAF CAKES

COLD WATER CAKE.

2 tablespoons butter.	2 cups flour.
1 cup sugar.	$\frac{1}{2}$ teaspoon soda.
1 cup cold water.	1 teaspoon cream tartar.
1 egg.	

CONFEDERATE CAKE.

1 cup butter.	2 cups flour (level).
1 cup pulverized sugar (heaped).	1 teaspoon lemon extract. Frost if desired.
6 eggs.	

CORN-STARCH CAKE.

$\frac{1}{2}$ cup butter.	4 whites of eggs.
1 cup sugar.	2 cups corn-starch.

Beat the butter and sugar to a cream, then the whites of egg to a stiff froth and mix; beat together, and add the corn-starch, a tablespoon at a time, beating constantly. Bake in a tin lined with buttered paper. Bake in a moderate oven, about 1 hour.

CORN-STARCH CAKE No. 2.

1 cup butter.	2 cups flour.
2 cups sugar.	1 cup corn-starch.
1 cup sweet milk.	2 teaspoons cream tartar.
4 eggs.	1 teaspoon soda.

Sift soda, cream tartar, corn-starch and flour all together; add it to the other ingredients, and flavor with 1 teaspoon of any flavoring desired.

CREAM CAKE.

1 cup sugar.	$2\frac{1}{2}$ cups flour.
1 cup thick sour cream. 2 eggs.	1 teaspoon saleratus (put into the cream).

DELICATE CAKE.

$\frac{1}{2}$ cup butter.	2 cups flour.
$1\frac{1}{2}$ cups sugar.	2 teaspoons baking powder.
1 cup sweet milk.	1 teaspoon any flavoring.
4 whites of eggs.	

DENNISON CAKE (*Without Eggs*).

$\frac{1}{2}$ cup butter.	4 cups flour.
2 cups sugar.	1 teaspoon soda in the milk.
1 cup buttermilk.	Spice to taste.
	2 cups raisins.

DATE CAKE.

$\frac{1}{2}$ cup butter.	2 teaspoons cream tartar.
1 cup sugar, rounding full.	1 teaspoon soda.
1 cup sweet milk.	$\frac{1}{2}$ teaspoon lemon extract.
2 eggs.	A dash of nutmeg.
2 $\frac{1}{2}$ cups flour.	1 heaping cup of prepared dates.

Prepare the dates as directed in the introduction to this chapter, and stir them in the last thing. Bake in a shallow pan. Cut in squares to serve.

DOUGH CAKE.

$\frac{1}{2}$ cup butter.	1 cup chopped raisins (seeded).
1 cup sugar.	1 teaspoon cinnamon.
2 eggs.	A little nutmeg.
1 cup raised bread dough.	$\frac{1}{2}$ teaspoon soda.

Mix the dough and butter thoroughly with the hand, then the sugar, then the eggs; add the fruit last. Do not let it stand to rise, but put it in a bread pan as soon as mixed and bake for an hour in a moderate oven.

DOUGH CAKE (*Economical*).

2 lbs. raised dough.	1 lb. raisins (seeded).
$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ nutmeg (grated).
2 cups sugar.	1 teaspoon saleratus.

Mix well, put in greased pans, let rise about $\frac{3}{4}$ hour, and bake in a moderate oven.

FRENCH CAKE.

$\frac{3}{4}$ cup butter.	3 cups flour.
1 cup sugar, heaped.	$\frac{1}{2}$ nutmeg, grated.
1 cup cream.	$\frac{3}{4}$ cup raisins.
$\frac{1}{2}$ cup milk.	2 ounces citron, chopped.
6 eggs.	2 ounces almonds, pounded.

FEATHER CAKE.

$\frac{2}{3}$ cup butter.	3 cups flour.
2 cups sugar.	2 teaspoons baking powder.
$\frac{2}{3}$ cup milk.	1 teaspoon lemon.
3 eggs.	

This also makes a nice layer cake, with jelly or chocolate between layers.

FOUNTAIN CAKE.

1 cup butter.	2 cups flour.
2 cups sugar.	1 teaspoon cream tartar.
1 cup milk.	$\frac{1}{2}$ teaspoon soda.
6 yolks of eggs.	1 teaspoon any flavoring.

Mix the above; stir in quickly the well-beaten whites of 4 of the eggs, reserving the whites of 2 for the frosting. Bake in loaves, and as soon as done cover with frosting.

FRUIT CAKE.

$\frac{1}{2}$ cup butter.	$1\frac{3}{4}$ cups flour.
$\frac{1}{2}$ cup brown sugar.	$\frac{1}{2}$ teaspoon soda.
$\frac{1}{2}$ cup molasses.	1 cup chopped raisins.
$\frac{1}{2}$ cup sweet milk.	Cinnamon, citron and cloves.
1 egg.	Flour the fruit before adding.

FRUIT CAKE No. 2.

$\frac{1}{2}$ cup butter.	4 eggs well beaten.
1 cup sugar.	1 teaspoon soda.
$\frac{1}{2}$ cup molasses.	1 cup raisins (seeded).
$\frac{1}{4}$ cup water.	1 cup currants.

Flour to make about as thick as common stirred cake (not too thick). It makes a large cake.

FRUIT CAKE No. 3.

$1\frac{1}{2}$ cups butter.	4 cups currants.
2 cups sugar (heaped).	4 cups raisins (seeded).
1 teaspoon rose water.	1 cup citron.
Juice of 2 lemons.	$\frac{1}{2}$ cup almonds.
10 eggs.	1 tablespoon of mace.
4 cups flour.	

Flour the fruit and add it last. Allow 2 hours to bake if in 1 loaf.

FRUIT CAKE (*Economical*).

$\frac{1}{2}$ cup butter.	1 teaspoon soda.
$2\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ teaspoon each of ground cinnamon, cloves and nutmeg.
$\frac{1}{2}$ cup sour milk.	
6 cups flour (about that).	1 cup raisins, currants and citron, mixed.

Knead all together, roll about 2 inches thick, and bake in a quick oven.

STEAMED FRUIT CAKE.

$\frac{1}{2}$ cup butter (full).	6 cups raisins.
2 cups brown sugar (heaped).	2 cups citron.
1 teacup milk.	1 nutmeg, grated.
$\frac{2}{3}$ cup molasses.	$\frac{1}{2}$ tablespoon each cinnamon and cloves.
2 eggs.	1 teaspoon soda.
4 cups flour.	

Put in a pan and steam 3 hours; then place in the oven 1 hour, to dry.

WHITE FRUIT CAKE.

1 cup butter.	2 teaspoons baking powder.
2 cups white sugar.	1 lb. almonds, blanched and cut fine.
1 cup sweet milk.	
5 whites of eggs.	1 lb. citron cut in thin slices.
3 $\frac{1}{2}$ cups flour.	1 grated cocoanut.

GEORGIA CAKE.

1 cup butter.	3 cups flour.
2 cups sugar.	$\frac{1}{2}$ cup corn-starch.
1 cup sweet milk.	2 teaspoons baking powder.
4 eggs.	1 teaspoon any flavoring.

GOLD CAKE.

$\frac{1}{2}$ cup butter (scant).	2 cups flour.
1 cup sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sweet milk.	1 teaspoon lemon extract.
4 yolks of eggs.	

GRAHAM CAKE.

$\frac{1}{2}$ cup butter.	1 teaspoon soda.
1 cup sugar.	$\frac{1}{2}$ cup raisins (seeded).
1 cup sour milk.	$\frac{1}{2}$ nutmeg, grated.
3 $\frac{1}{2}$ cups graham flour.	

GROOM'S CAKE.

2 cups butter (heaped).	2 cups raisins (seeded).
2 cups white sugar (heaped).	2 lbs. almonds, blanched and chopped.
10 eggs.	$\frac{1}{2}$ lb. citron, shaved fine.
4 cups flour.	

Stir the almonds into the cake; flour the raisins and citron and put a layer in the cake pan, then put in a layer of cake, then fruit again, and so on alternately, finishing with cake. Bake 2 hours in a moderate oven.

HASTY CAKE.

1 tablespoon butter.	1 egg.
1 cup powdered sugar.	2 cups flour.
$\frac{1}{2}$ cup milk.	3 small teaspoons baking powder.

Bake immediately in a quick oven; it may be baked in patty tins or in a loaf. Nice while fresh.

HICKORY NUT CAKE.

$\frac{1}{3}$ cup butter.	1 $\frac{1}{2}$ cups flour.
1 cup sugar.	1 teaspoon baking powder.
$\frac{1}{2}$ cup sweet milk.	1 cup hickory nut meats (chopped).
2 eggs.	

Add the hickory nut meats last. Frost it when baked, mark in squares, and put a nut meat in each square.

ICE CREAM CAKE.

1 cup butter.	2 cups sifted flour.
2 cups sugar.	1 cup corn-starch.
1 cup milk.	2 teaspoons baking powder.
8 whites of eggs.	

IMPERIAL CAKE.

1 cup butter (heaped).	2 cups flour (level).
1 cup sugar (heaped).	$\frac{1}{4}$ teaspoon soda.
2 teaspoons lemon juice.	1 cup raisins.
$\frac{1}{2}$ the grated rind of 1 lemon.	$\frac{1}{2}$ cup walnuts (chopped).
	5 eggs, beaten separately.

Bake in a moderate oven $1\frac{1}{2}$ hours. Flour the fruit with a scant tablespoon of flour extra.

LEMON CAKE.

$\frac{1}{2}$ cup butter.	2 to $2\frac{1}{2}$ cups flour.
$1\frac{1}{2}$ cups sugar.	1 lemon, (juice and grated rind).
$\frac{1}{2}$ cup sweet milk.	
3 eggs.	$\frac{1}{2}$ teaspoon soda.

MARBLE CAKE.

LIGHT PART.

$\frac{1}{2}$ cup butter.	4 whites of eggs.
$1\frac{1}{2}$ cups white sugar.	2 cups flour.
$\frac{1}{2}$ cup sour milk.	$\frac{1}{2}$ teaspoon soda.
	$\frac{1}{2}$ teaspoon lemon extract.

DARK PART.

$\frac{1}{2}$ cup butter.	2 cups flour.
1 cup brown sugar.	1 teaspoon soda.
$\frac{1}{2}$ cup sour milk.	$\frac{1}{2}$ teaspoon allspice.
$\frac{1}{2}$ cup molasses.	1 teaspoon nutmeg.
5 yolks of eggs.	1 teaspoon each of cinnamon and cloves.

Put alternate spoonfuls of each part into a buttered cake tin and bake slowly.

CHOCOLATE MARBLE CAKE.

1 cup butter.	1 cup corn-starch.
2 cups sugar.	2 teaspoons cream tartar.
1 cup sweet milk.	1 teaspoon soda.
4 eggs.	1 teaspoon vanilla.
2 cups flour.	

After mixing all, take out 1 cupful of the batter and stir into it a heaping tablespoon of grated chocolate; drop this in the greased pan alternately with the other part.

MOLASSES CAKE (*Without Eggs*).

1 cup butter, lard or dripping.	5 cups flour.
1 cup sugar.	1 teaspoon soda.
1 cup hot water.	1 cup Zante currants.
1 cup molasses.	1 teaspoon each of cinnamon, cloves and allspice.

Put in 2 bread-pans, with buttered paper, and bake an hour in a slow oven.

ONE EGG CAKE.

1 cup butter.	3 cups flour.
1½ cups sugar.	1½ teaspoons baking powder.
1 cup sweet milk.	1 cup chopped raisins.
1 egg.	

MOUNTAIN CAKE.

½ cup butter.	2 large cups flour.
1½ cups sugar.	2 teaspoons baking powder.
½ cup milk.	1 teaspoon of any flavoring.
3 eggs.	Fruit if desired.

Add a little more flour if any fruit is added.

ORANGE CAKE.

½ cup butter.	4 whites of eggs.
2 cups sugar.	2 cups flour.
½ cup water.	2 teaspoons baking powder.
5 yolks of eggs.	1 orange, (juice and grated rind).

PLUM CAKE.

1 large cup butter.	½ lb. dates.
2 cups sugar (heaped).	½ teaspoon each mace and cloves.
12 eggs, beaten separately.	1 teaspoon each cinnamon and allspice.
4 cups sifted flour.	½ nutmeg, grated.
1 lb. citron cut in thin slices.	3 tablespoons strawberry jam added last.
3 lbs. raisins, stoned and halved.	
1½ lbs. currants.	

Flour the fruit before adding it; beat the mixture thoroughly, and bake in well-buttered tins 4 hours, keeping a steady heat.

POOR MAN'S CAKE.

1 tablespoon butter.	1 cup raisins.
1 cup sugar.	1 teaspoon saleratus dissolved in
2 cups flour.	1 cup sour milk.

PORK CAKE.

1 cup boiling water poured over	1 cup molasses.
1 lb. fat pork, chopped fine.	1 teaspoon soda.
2 cups sugar.	Spices to taste.

Stir in flour until quite stiff, and bake slowly.

POUND CAKE.

1 lb. butter.	1 lb. flour.
1 lb. white sugar.	$\frac{1}{2}$ teaspoon mace.
12 eggs, beaten separately.	1 nutmeg, grated.
3 tablespoons rose-water.	Beat eggs very thoroughly.

QUICK CAKE.

$\frac{1}{2}$ cup butter.	2 eggs.
$\frac{1}{2}$ cup sugar.	$1\frac{1}{2}$ teaspoons baking powder.
$\frac{1}{2}$ cup sweet milk.	

Add flour until it will not drop from the spoon.
Can be eaten warm.

RAISED CAKE.

$\frac{1}{2}$ cup butter.	1 teaspoon soda.
1 cup sugar.	1 cup raisins.
2 eggs.	Spice to taste.
1 cup sponge.	Let rise 2 hours.
$\frac{1}{2}$ cup flour.	

RAISIN CAKE (*Economical*).

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ teaspoon soda.
$\frac{1}{2}$ cup sugar.	1 cup raisins.
$\frac{1}{2}$ cup hot water.	1 teaspoon each cinnamon and cloves.
$\frac{1}{2}$ cup molasses.	
1 egg.	Flour to make stiff enough to hold a spoon.

LOAF CAKES

RAISIN CAKE

1 cup butter.	4 eggs.
1 cup sugar.	3½ cups flour.
1 cup milk.	1 teaspoon soda.
1 cup molasses.	Juice of 1 lemon.
1 teaspoon rose-water.	2 cups seeded raisins.

SILVER CAKE.

1 cup butter.	3 cups flour.
2 cups sugar.	2 teaspoons baking powder.
1 scant cup milk.	1 teaspoon vanilla.
5 whites of eggs.	

Cover with white frosting. This cake is sometimes baked in small round tins and called "Snow Cake."

SPONGE CAKE.

1 cup granulated sugar.	1 saltspoon salt.
6 eggs, beaten separate.	½ the juice and grated rind of a lemon.
1 cup flour.	

After baking, while hot, dredge powdered sugar on top.

SPONGE CAKE No. 2.

1 cup sugar.	1 cup flour.
3 tablespoons of water.	1½ teaspoons baking powder.
2 eggs.	1 teaspoon flavoring.

BERWICK SPONGE CAKE.

6 eggs.	1 cup water.
3 cups granulated sugar.	2 teaspoons baking powder.
5 cups flour.	Juice and grated rind of 1
1 saltspoon of salt.	lemon.

Beat the eggs 2 minutes; add the sugar and beat 5 minutes; then 2 cups of flour and beat 2 minutes; add the water, lemon juice and peel with the salt and beat 1 minute. Have the baking powder mixed with the remaining 3 cups of flour, add and beat 1 minute. Bake slowly $\frac{3}{4}$ hour in 2 deep bread pans.

COCOANUT SPONGE CAKE.

6 eggs, beaten separately.	1 teaspoon lemon essence.
1 cup sugar, heaped.	$\frac{1}{2}$ nutmeg, grated.
1 cup flour.	Grated cocoanut.
1 teaspoon salt.	

Put it about $\frac{1}{2}$ inch deep in tins lined with well-buttered paper. Bake in a quick oven about 30 minutes.

CORN-STARCH SPONGE CAKE.

1 cup pulverized sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup flour.	8 whites of eggs, well beaten.
$\frac{1}{2}$ cup corn-starch.	
1 teaspoon of flavoring.	

Mix the flour, sugar, corn-starch and baking powder together dry, sifting all several times, and stirring thoroughly; then add the eggs and lemon flavor, and bake immediately. It is best baked in a long deep pan.—It also makes an excellent roll jelly cake; this quantity is enough for 2 large rolls; bake in long shallow tins; as soon as done, remove on a clean cloth, spread with jelly, and roll up at once.

CREAM SPONGE CAKE.

2 eggs, broken into	2 cups sifted flour.
1 teacup of cream.	2 teaspoons baking powder.
1 cup white sugar.	1 teaspoon of flavoring.
A pinch of salt.	

Beat together for 5 or 10 minutes. Bake in a square baking tin about $\frac{1}{2}$ hour.

SPICE CAKE.

$\frac{1}{2}$ cup butter (scant).	$2\frac{1}{2}$ cups flour.
2 cups brown sugar.	1 teaspoon soda.
1 cup sour milk.	2 teaspoons cinnamon.
2 yolks of eggs.	1 teaspoon allspice.
1 white of egg.	$\frac{1}{2}$ teaspoon cloves.
	$\frac{1}{2}$ nutmeg, grated.

SUNSHINE CAKE.

1 cup granulated sugar. $\frac{2}{3}$ cup of flour.
 Whites of 7 small eggs. $\frac{1}{2}$ teaspoon cream of tartar.
 Yolks of 5 small eggs. A pinch of salt.

Beat yolks; beat whites about half, add cream of tartar and beat until very stiff; stir the sugar in lightly, then stir beaten yolks in thoroughly; add flour last. Put in a tube pan, if you have it, and bake 35 to 50 minutes, in a slow oven.

TENNESSEE CAKE.

$\frac{1}{2}$ cup butter.	1 full teaspoon baking powder.
1 cup sugar.	1 cup currants.
$\frac{1}{2}$ cup milk.	A few slices citron.
1 $\frac{1}{2}$ cups flour.	Cloves and nutmeg.

Bake in sheets, ice, and cut in squares.

TROY CAKE.

$\frac{1}{2}$ cup butter.	5 whites of eggs.
1 $\frac{1}{2}$ cups sugar.	3 cups flour.
1 cup milk.	2 teaspoons baking powder.

Divide the mixture and color $\frac{1}{2}$ with strawberry coloring, and flavor with vanilla; flavor the other part with lemon. Put in the white, then the pink part, and bake slowly.

WEDDING CAKE.

4 full cups butter.	18 eggs, beaten separately.
4 cups white sugar, heaped.	4 cups flour.
1 cup molasses.	1 teaspoon saleratus.
Juice of 2 lemons.	$\frac{1}{2}$ cup citron cut thin and small.
3 tablespoons cloves (ground).	4 cups seedless raisins.
2 tablespoons each of mace, allspice and nutmeg.	4 cups currants.

Cream the butter and add the sugar, then the molasses, lemon and spices, then the beaten yolks, beating all well together, then the flour with saleratus sifted

in, and last the beaten whites; beat all together thoroughly. Flour the fruit and add last. Bake slowly 4 hours, or longer if needed. The cake will keep for years.

WHITE CAKE.

$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ cups flour.
1 cup white sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sweet milk.	Flavor with lemon or vanilla.
3 whites of eggs.	

WATERMELON CAKE.

$\frac{1}{2}$ cup butter.	2 cups flour.
1 cup sugar.	1 teaspoon cream tartar.
$\frac{1}{2}$ cup sweet milk.	$\frac{1}{2}$ teaspoon soda.
3 whites of eggs.	Flavor with lemon.

Take a little more than $\frac{1}{2}$ of the mixture and to it add 1 teaspoon liquid cochineal and $\frac{1}{2}$ cup raisins. Put the red part in the center and bake. Cover with a frosting colored green with spinach.

WHITE CAKE (*Without Eggs*).

3 tablespoons nice fat.	2 teaspoons cream tartar.
1 cup granulated sugar.	1 teaspoon soda.
1 cup milk.	Nutmeg or any flavoring desired.
2 $\frac{1}{2}$ cups flour.	

Add raisins or currants if liked; bake in a rather slow oven. It resembles old fashioned election cake.

WHITE PERFECTION CAKE.

1 cup butter.	3 cups flour.
3 cups powdered sugar.	1 cup corn-starch.
1 cup sweet milk.	$2\frac{1}{2}$ teaspoons baking powder.
12 whites of eggs.	

Caramel Icing.—Take 2 cups powdered sugar, $\frac{2}{3}$ cup sweet milk, 1 tablespoon of butter. Boil 10 minutes, and stir while boiling; then set the dish in cold water, stir until cold and spread on.

WHORTLEBERRY CAKE.

1 cup butter.	2 teaspoons cream tartar.
2 cups sugar.	1 teaspoon soda.
1 cup sweet milk.	1 teaspoon each of cinnamon and nutmeg.
5 eggs.	
3 cups flour.	4 cups fresh whortleberries.

Be careful not to bruise the berries; flour them and add last. Bake in a moderate oven.

GINGER CAKE (*Without Eggs*).

$\frac{1}{2}$ cup butter.	5 cups sifted flour.
1 cup sugar.	1 teaspoon soda.
1 cup milk.	1 tablespoon ginger.
1 cup molasses.	A little cloves if liked.

Melt the butter and molasses in the sugar, allow the mixture to become hot, and then add spices, milk with soda, and flour. It is a good plan to try a small cake first, and if it falls add more flour.

GINGERBREAD.

$\frac{1}{2}$ cup butter.	3 cups flour.
2 cups sugar.	1 tablespoon baking powder.
1 cup sweet milk.	1 teaspoon ginger.
2 eggs.	

Bake in a thin sheet, and while hot sprinkle granulated sugar on top. Cut in squares. (See our article on "Frosting and Icing" for the method of glazing gingerbread).

HARD GINGERBREAD.

$\frac{3}{4}$ cup shortening.	1 teaspoon soda.
1 cup molasses.	$\frac{1}{2}$ teaspoon salt.
1 teaspoon ginger.	Flour enough to roll out like pie-crust.

HARD GINGERBREAD No. 2.

$\frac{1}{2}$ cup butter.	1 heaping teaspoon baking powder.
1 cup sugar.	
2 eggs.	1 teaspoon salt.
1 teaspoon ground ginger.	Flour to roll out.

Mix hard, and roll thin. Bake in a large dripping pan if you have not sheets of tin.

HARD GINGERBREAD (*Without Eggs*).

$\frac{1}{2}$ cup butter.	1 teaspoon ground ginger.
1 teaspoon soda dissolved in	1 level teaspoon salt.
$\frac{1}{2}$ cup water.	1 cup molasses. Flour to roll out.

Mix hard and roll thin, and bake as above.

HOT WATER GINGERBREAD.

2 tablespoons butter.	1 large cup flour.
1 cup molasses.	1 teaspoon soda.
2 tablespoons sour milk.	$\frac{1}{2}$ teaspoon ginger.
$\frac{1}{2}$ cup hot water.	

ORMSKIRK GINGERBREAD.

1 cup butter (heaped).	5 level cups flour.
1 cup brown sugar (heaped).	$\frac{1}{2}$ nutmeg (grated).
1 tablespoon ginger (heaped).	1 cup molasses.
	$\frac{1}{2}$ cup citron (cut fine).

Work butter and sugar together, add the molasses, flour and ginger, grate in the nutmeg, and stir in the citron. Let the dough stand over night; then roll thin, cut in shapes with a biscuit cutter and bake in a quick oven. It makes a delicious hard gingerbread.

SOFT GINGERBREAD.

Butter the size of an egg.	1 teaspoon soda dissolved in
1 cup molasses.	1 cup of water.
1 teaspoon ginger.	1 teaspoon salt.

Mix stiff with flour and bake in a square tin.

SOUR CREAM GINGERBREAD

$\frac{1}{2}$ cup shortening (part butter and part meat dripping).	1 egg.
1 cup molasses.	1 teaspoon soda.
$\frac{1}{2}$ cup thick sour cream.	1 cup sugar.
	1 tablespoon ginger (or more to suite taste).

Stir all together, dissolve the soda in a little water, use flour enough to make a medium stiff batter, but not too stiff as that will spoil the effect. Bake in a good sized dripping pan so the cake will be $1\frac{1}{2}$ inch thick.

RICH SOFT GINGERBREAD.

1 cup butter.	2 eggs.
1 cup sugar.	1 teaspoon soda.
1 small cup molasses.	1 teaspoon each of ginger and salt.

Make a stiff dough with flour, and bake in a square tin.

RAISIN GINGERBREAD.

3 eggs.	2 cups flour.
1 cup molasses.	1 teaspoon of soda.
1 cup sour milk.	1 cup chopped raisins.
	Spice to taste.

SPICE GINGERBREAD.

1 cup butter.	3 cups flour.
1 cup sugar.	1 teaspoon soda.
1 cup molasses.	$\frac{1}{2}$ cup of dried currants.
1 cup sour milk.	Ginger, cinnamon, cloves and nutmeg to taste.
4 eggs.	Bake in square tins.

SOUR MILK GINGERBREAD.

2 tablespoons butter.	2 cups flour.
$\frac{1}{2}$ cup molasses.	1 level teaspoon soda.
$\frac{1}{2}$ cup sour milk.	1 level teaspoon ground ginger.
1 egg.	

Bake in a flat tin, not as a loaf.

SUGAR GINGERBREAD.

$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ teaspoon soda.
1 cup sugar.	1 level teaspoon salt.
$\frac{1}{2}$ cup sour milk.	1 heaping teaspoon ground ginger.
2 eggs.	

Mix hard and roll thin. Bake on sheets of tin or in the dripping pan.

FROSTING AND ICING.

Frosting or icing made from the beaten white of egg and sugar, serves for all kinds of ornamentation, both for cakes and pastry. The eggs can be beaten in a flat dish, with a fork, until stiff, and then the sugar added, and then the flavoring; or the sugar and eggs can be beaten together. Frosting cannot be made satisfactorily unless the sugar used is the powdered kind, made expressly for this purpose. The proportions are 1 egg, to $\frac{1}{3}$ of a cup, or 10 heaping teaspoons, of sugar. If an acid flavor like lemon is used, a little more sugar will be needed; the size of the egg must also be considered. If an insufficient quantity of sugar is used icing will not harden. A little sweet cream, lemon-juice or vinegar softens icing so that it crumbles less readily. The egg and sugar must be thoroughly beaten, some insisting on 30 minutes beating and others on only 5 minutes. If the eggs do not beat readily a pinch of salt can be added, which will help some. Have the frosting all beaten and ready before the cake comes out of the oven. The frosting should be put on while the cake is warm, but not while it is hot. If there are several cakes, and some of them cool while the others are being iced, they can be set in the oven and warmed before being frosted. A heavy frosting put directly on to a cake will inevitably peel off on account of the moisture or oiliness of the cake. A little flour dusted on a cake and then the loose particles rubbed off is a good preventative against the cracking of the frosting; or a little gelatine dissolved in boiling water and applied hot is sometimes used. An inverted milk-pan is a good thing on which to set the cake while applying the frosting. Dip the knife often in cold water if the frosting is stiff, and smooth it off nicely. If it is desired to frost the top only, strips of paper, well oiled, can be pinned around the cake, extending above the top, to prevent the icing from running down the sides; and removed when it cools. After icing, the cake can be set in a very cool oven to dry and harden for a short time, but do not let the top become colored; or set it in the warm sun. If nuts, raisins, or similar articles are put on for ornaments they should be added while the icing is moist. Piping is done when the icing is dry. All iced cakes should be kept in a very dry place.

It will please a child when making cake to make a small one for her; cover with white frosting, and when that hardens, write the child's name on top with a small brush dipped in the yolk of egg. Children will be more pleased with some simple cake, not much more than sweetened bread, and ornamented for them, than they would be

by the richest plum cake unornamented, and which they could not eat with safety.

Any frosting left over can be made into little wafers, dried in the oven, and used for decorating various dishes.

COLORS FOR FROSTINGS, CANDIES, ETC.

A Caution.—Nothing but vegetable colors should ever be used for frostings, candies, or any cooking purposes. As some of the coloring matters sold in the stores (and too often used by the uninformed) are deleterious or even poisonous, it is better, when possible, to prepare all coloring matters at home. We give the best of those which are adapted for domestic use, and they will meet all the ordinary wants of our readers.

To Whiten Frosting.—A few drops of lemon-juice whitens frosting; so does a small pinch of cream of tartar.

For an Amber Coloring Mixture put $\frac{1}{2}$ oz. turmeric in 2 oz. deodorized alcohol; shake till dissolved, strain it, and bottle for use.

Blue Frosting is colored with indigo. It does for ornamental icing, but is better not eaten.

Brown Frosting may be made by adding caramel to gelatine frosting; or by beating the whites of the eggs with nice maple sugar.

For Chocolate Color add a little chocolate or cocoa.

Pink Frosting may be made by adding cranberry, strawberry, or raspberry juice from which the seeds have been strained; the jelly can also be strained and used, or a little cochineal will produce the color.

Yellow Frosting may be made by adding a trifle of strong saffron tea (if too much is used it is apt to impart a bitter taste). Or grate the rind of an orange into some orange juice, let it soak about 1 hour; strain, and use for coloring. Lemon peel can be used in the same way. (These are preferable to the saffron. See what we say in the introduction to our article on cakes about how to grate orange peel.)

A Very Pretty Tint for frosting white cakes is made by beating together 1 cup of white sugar and the *yolks* of 3 eggs; flavor with lemon.

Carmine Color can be made by mixing $1\frac{1}{2}$ oz. boiling water, $\frac{1}{2}$ oz. ammonia, and $\frac{1}{2}$ oz. No. 40 carmine; bottle, cork closely, and it will keep any length of time.

Cochineal Coloring.—In 1 cup hot water dissolve 1 teaspoon cream of tartar, 1 teaspoon powdered alum, and 2 teaspoons powdered cochineal; boil 5 minutes, strain through cloth, and bottle for use. Adding a little alcohol will make it keep any length of time.

A Red Color for confectionery, jellies, etc., is sometimes prepared by boiling sliced beetroot in a little water, and then squeezing it through a cloth.

Saffron.—Boil thoroughly 1 oz. of saffron in 2 cups of water; strain through cloth and bottle for use. In using this, the shade may be varied by using more or less of it. (The objection to saffron is its tendency to impart a bitter taste if too much is used).

Spinach Green.—Carefully trim the leaves from some young spinach, wash them, pound them to a pulp, add a little water, and boil till it curdles; then strain. This juice can be used fresh, or it can be worked up into colored sugar, and kept for future use.

Coloring Almonds.—Almonds can be given a *yellow color* by splitting them in two after blanching, and putting them in the oven till they get a light golden tinge. They can be tinged *pink* or *red* with cochineal mixed with a little syrup, rubbing the almonds in it, and drying them in a cool oven. *Green coloring* is produced in the same way with spinach green. Only vegetable colorings should be used for this purpose.

Coloring Sugar.—Dry granulated sugar can be tinted by working in enough of the desired tint to color the sugar; then dry the sugar, powder it, and bottle for use.

Flavoring Sugar is done in various ways. It can be pounded, adding the flavoring during the process; then sift through a fine sieve, and bottle for use. For 1 lb. of sugar, 2 oz. of either lemon or orange peel will be sufficient. Other flavors can be obtained by using instead, 1 oz. of ginger, or 2 oz. of cinnamon, or $\frac{1}{2}$ oz. of cloves. We have previously explained how to prepare vanilla sugar.

Prepared Caramel.—Caramel is crystallized sugar heated to 420° F. when it decomposes, loses its power of crystallizing and fermenting, and acquires a dark brown color and a bitter flavor. It can be prepared as follows: Put 2 cups of granulated sugar in the frying-pan, add 1 tablespoon of water, and heat it over a clear fire, stirring continually, till it assumes a dark brown color, is brittle, and bitter to the taste, but do not burn it. Then add slowly 2 cups hot water, stir constantly, and boil 10 minutes and let it cool. If it candies when cool, add water and boil again. Bottle when cold, keep corked, and it will never spoil. It is used to flavor or color custards, sauces, soups, broths, gravies, etc. and has so many uses that it is well to always keep it on hand.

FROSTING AND ICING.

PLAIN FROSTING.—Beat 2 eggs to a stiff froth, and gradually work in 1 cup powdered sugar and 2 teaspoons corn-starch. Use any flavoring preferred.

ALMOND FROSTING.—Make like raisin frosting, but use 1 cup blanched sweet almonds instead of the raisins.

BOILED FROSTING.—The white of 1 egg, 1 cup granulated sugar. Beat the egg to a stiff froth. Put just enough boiling water on the sugar to melt it; then boil to a thick syrup; pour the boiling syrup over the beaten egg, and beat until it is thoroughly mixed. Add flavor. Pour over the cake while hot. If too much boiled, the tendency of the frosting will be to dry before it cools, but 1 or 2 drops of hot water added while using will remedy it.

CHOCOLATE FROSTING.—Beat the whites of 2 eggs to a stiff froth, stir in 1 teacup of pulverized sugar and 6 tablespoons of grated chocolate; mix well, and spread on while the cake is hot.

BOILED CHOCOLATE FROSTING.—Boil together 1 cup of light brown sugar and $\frac{1}{2}$ cup of water. Remove it from the stove as soon as it strings from the spoon, and stir in the whites of 2 eggs beaten to a stiff froth, together with $\frac{1}{4}$ cake of Baker's chocolate, finely grated. Spread this between the layers and on top while the frosting is warm.

EASILY-MADE FROSTING.—Allow a full half cup of pulverized sugar to the white of 1 egg, stirring it in instead of beating the egg; spread it smoothly over the cake and set away to dry and you will find that the icing made in this way will cut without breaking, and be smoother than when beaten in the old way. The icing made from the white of 1 egg is enough for an ordinary sized cake. Flavor, if desired, to suit the taste.

GELATINE FROSTING.—One teaspoon gelatine put to soak in $1\frac{1}{2}$ tablespoons of cold water, and allowed to stand till it becomes a little soft. Now add 2 tablespoons boiling water, and let the mixture boil a minute. Soak it in a cup in which it can boil. Measure, and pour upon a large plate, and to every tablespoon of the liquid add 4 tablespoons of powdered sugar rolled and sifted to free it from lumps. Beat well, as the longer it is beaten the lighter and whiter it becomes. Flavor with 1 teaspoon of any extract. Have the cake cold. This quantity is enough for 2 pies or 1 loaf of cake. It can be put on very thick, will not crumble, cuts as well as the cake itself, and is not sticky.

ISINGLASS FROSTING.—Pour 1 coffee-cup of *hot* water on 1 sheet isinglass, then leave it to dissolve in a warm place. When quite dissolved, and there is no scum, stir in 1 large teaspoon corn-starch and 2 heaping cups of pulverized sugar. Pour it on the cakes

when they are cold, do not smooth it much, and let it harden in a cool place. More easily made than the ordinary frosting.

MAPLE FROSTING.—This is made by adding the beaten white of 1 egg to 1 cup of good maple syrup; or use granulated maple sugar instead.

MILK FROSTING.—Boil together 2 cups sugar, $\frac{2}{3}$ cup of milk, and 1 tablespoon of butter for 10 minutes; remove from the stove, and beat until creamy and thick enough to spread. Add $\frac{1}{2}$ teaspoon of any flavoring.

RAISIN FROSTING.—Put 1 cup white sugar in 2 tablespoons warm water, and boil 5 minutes; pour it over the beaten white of 1 egg, and beat well; then add 1 cup chopped raisins.

SOFT FROSTING.—Take 1 cup sugar and $\frac{1}{2}$ cup milk, and boil until it will drop in strings from the spoon; then put in a bowl, add 1 teaspoon of flour, and beat a few minutes; let stand until cool, and thick enough to spread on cake without running.

BOILED ICING.—Stir 1 cup granulated sugar in 1 cup water, and set on the stove to boil; do not stir after it begins to boil; test it with a cold spoon, and when it "threads" by holding the spoon high and letting the syrup fall back very slowly into the saucepan, take it from the fire; add the beaten white of 1 egg to the hot syrup, and beat 5 minutes. Add flavoring. Spread on the cake while warm.

COFFEE ICING is made by stirring confectioner's sugar into strong coffee set on the stove till it is heated; put it on the cake while warm.

ORANGE ICING.—Squeeze the juice of an orange over the grated rind, and let it stand an hour; then strain the juice; add to it a coffee-cup of confectioner's sugar and the yolk of an egg, then beat until stiff enough to spread on the cake.

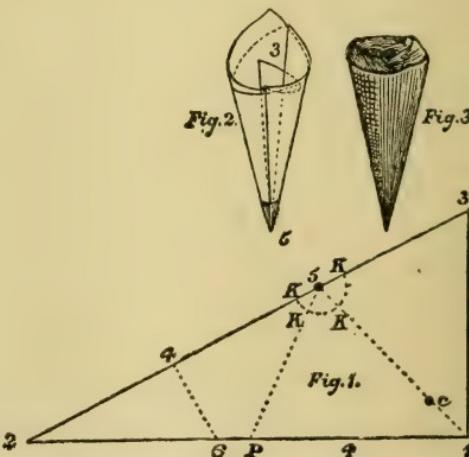
ICING COOKIES, ETC.—Before putting in the oven, dredge or sprinkle *sugar-gingerbread, cookies, and other small cakes* not to be frosted, with fine sugar, and it will give a rich brown glaze, and add much to their flavor.

ORNAMENTAL ICING.

Many people imagine that it requires a great deal of practice and special skill to do anything of this kind, but those who have never tried it will be surprised to find what pretty effects can be produced with the simplest materials. All that is needed is a paper cone, which is easily made, and a little icing.

Paper cones for icing can be made as follows: Cut a sheet of rather stiff paper so as to get a triangular sheet as shown in Fig. 1, having it about 10 inches from 1 to 2, and 5 inches from 1 to 3. Divide the hypotenuse, 2, 3, into 3 equal parts at 5 and 4. Then fold over the paper to make creases in it as shown by the dotted lines from 1 to 5 and 5 to P, and also from 6 to 4. Then take the point 3 between the finger and thumb of the left hand, with the point 3 upward and the long side 1, 2, towards you, and taking the point 2 between the thumb and finger of the right hand roll the paper around the fingers of the left hand so as to form a cone, the apex of which will be at 5, and the crease 5, P, overlaps the crease 5, 1. This will leave the long point 2, 4, 6, projecting above the cone, and it can be turned down into the center, bringing the point 2 down to the apex; and this will hold the cone in shape, as seen in Fig. 2. The point is then cut off and the icing passes out of the opening thus made. The amount cut off regulates the size of the hole, and therefore the size of the stream of icing which will come through. Little brass tubes are made for this purpose, which can be bought if desired for a few cents each. The end of the cone is cut off, and the tube dropped into the cone, projecting a little as shown by the dark end in Fig. 3. It is best to make 6 or 8 cones at a time, as the icing softens the paper, and for this reason a rather stiff paper is needed.

To Use the Cone it is filled about $\frac{2}{3}$ to $\frac{3}{4}$ full of icing, and the sides of the top are folded in over each other in such a way as to hold in the icing, as shown in Fig. 3. In using the cone it is grasped by the thumb and fore-finger of the left hand a little ways up from the apex, while the right hand holds the top and the right thumb rests over the center or top, and forces out the icing by a slight pressure. The icing or frosting which is used is simply the white of egg beaten up with sugar as



PAPER CONE FOR PIPING OR ORNAMENTAL ICING.

we have explained for frosting. It can be variously colored as desired. The frosting on the cake should be cold when this ornamental work is applied. This sort of decoration is termed piping.

If the icing gets too thin, add more sugar; if too thick, add a little more beaten egg; it can be kept from drying while being used by laying a wet cloth over the bowl containing it.

Piping or ornamental frosting

frosting admits of endlessly varied designs and effects. It is best to begin with some simple design. It can be drawn on paper, a piece of glass laid over it, and then let the nozzle of the cone trace the design while the icing is steadily pressed out by the thumb at the top. Then the glass can be cleaned off and another trial made. In this way very rapid progress can be make, and any one can speedily learn to ornament their own cakes, while those with special aptitude can devise very attractive designs. A simple figure for a border is shown in Fig. 4, while Fig. 5 shows another design, in which the dots might be put on with pink icing to make a contrast. We give other designs suitable for practice. The best taste, however, does not favor an excessive use of colors. Plain white, and the milder colors judiciously used to produce some contrast, will result in the most pleasing effects. Ladies will be surprised at the ease with which the work is done and the advance they make in learning. Cakes can be thus decorated so as to produce very pretty effects which will be pleasing and gratifying to guests. Patterns as pretty as any they can embroider can be made much more quickly with a paper cone. A well-decorated cake makes a pretty addition to a well-ornamented table.



FIG. 4.



FIG. 5.



FIG. 6.

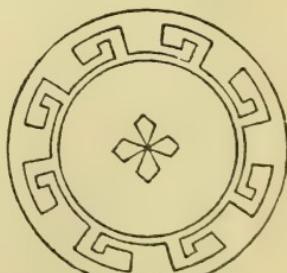


FIG. 7.

Crystallization which is sometimes used, is merely putting on, while the icing is moist, crushed rock candy or granulated sugar, white or colored (see "Colors for Frosting"). Special designs can be applied by letting the frosting dry, then marking out the design with white of egg or gum water; then sprinkle on the white or colored sugar or candy, and shake off all that does not adhere.

Jelly can be used for piping in just the same manner as frosting. Warm it so that it will pass easily through the cone; beating it to a uniform consistency with a spoon often helps it, especially in cold weather.

Butter or Lard can also be used in the same way. Have it soft enough to pass easily through the cone with gentle pressure, but not too soft. In hot weather it can be stiffened with a little flour, but do not get it too stiff.

Ornamenting Other Articles.—Piping is used for decorating many other things besides cakes, but the method is the same for all. For *pastry* or *puddings* the frosting made of white of egg and sugar is used, while butter, lard or jelly, are used for *ham*, *tongue* or *roast fowl*.

SMALL CAKES.

For cookies, snaps, jumbles, etc., a quick oven is the best. They are all best kept in a tin box. If they get moist by keeping, dry them out in the oven. For icing cookies, etc., see our article on "Frosting and Icing." Some people sprinkle cookies with sugar, after being rolled out, then cut them out, press a raisin in the center, and bake.

For time to bake see "Loaf Cakes."

ALMOND DROPS.

1 cup butter.	1 cup almonds, blanched.
1½ cups sugar.	Flour to roll and drop.
3 eggs.	

ANISE DROPS.

2 cups granulated sugar.	3 cups flour.
3 eggs.	1 teaspoon anise seed.

Beat the sugar and eggs well for $\frac{1}{2}$ hour; then add the other ingredients; drop on buttered pans and bake in a moderate oven. The secret lies in beating rapidly and thoroughly. Each teaspoon is dropped separately so as to make separate cakes.

GINGER DROPS.

$\frac{1}{2}$ cup butter.	2 eggs.
1 cup sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup molasses.	1 teaspoon ground ginger.

Beat all well together, adding flour til' stiff enough to drop from the spoon in drops the size of an egg. Bake on tins in a moderate oven.

GINGER DROPS No. 2.

1 cup brown sugar.	1 teaspoon soda.
$\frac{1}{2}$ cup molasses.	2 teaspoons ginger.
2 eggs, well beaten.	Flour to roll out.
1 tablespoon vinegar.	Flavor with lemon or vanilla.

Roll out thin, cut with a small cutter and bake in a quick oven.

GINGER NUTS (*Without Eggs*).

$\frac{1}{2}$ cup lard.	1 cup molasses.
$\frac{1}{2}$ cup brown sugar.	1 teaspoon soda.
$\frac{1}{2}$ cup sour milk or butter-milk.	1 teaspoon ginger.

Mix very soft, form into round balls like nuts, and bake in a rather quick oven.

COOKIES.

$\frac{1}{2}$ cup lard.	1 cup sour milk.
$\frac{1}{2}$ cup butter.	1 teaspoon soda.
1 $\frac{1}{2}$ cups white sugar.	Flour sufficient to make dough.

Season with caraway seed or nutmeg to suit the taste. Mix thoroughly; roll very thin; bake quickly.

BOSTON TEA COOKIES.

1 teacup butter.	$\frac{1}{2}$ teaspoon soda.
3 teacups sugar.	Spice to taste.
$\frac{1}{2}$ cup sour milk.	Flour enough to roll out
3 eggs.	rather stiff.

CINNAMON COOKIES.

1 cup butter, heaped. 3 eggs.
 2 cups brown sugar, heaped.

Flour to roll out; cut in small cakes, and sprinkle on cinnamon and sugar just before baking.

COCOANUT COOKIES.

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ teaspoon soda in a little water.
1 cup sugar.	$\frac{1}{2}$ cocoanut (grated).
1 egg.	Flour enough to roll.

CREAM COOKIES (*Extra*).

1 $\frac{1}{2}$ cups butter.	Flour to roll soft.
1 $\frac{1}{2}$ cups sugar.	3 teaspoons baking powder.
1 cup thin sweet cream.	Sprinkle with sugar and cut.
1 egg.	

CREAM COOKIES No. 2.

1 cup thick sour cream.	$\frac{1}{2}$ teaspoon soda.
1 cup sugar.	Flavor with lemon.
A pinch of salt.	

Mix with flour enough to roll; after they are rolled sprinkle with granulated sugar and just pass the rolling pin over again so it will not dust off.

GINGER COOKIES.

$\frac{2}{3}$ cup butter.	2 teaspoons soda.
1 cup sugar.	2 heaping teaspoons ginger.
1 cup molasses.	A pinch of salt.
$\frac{2}{3}$ cup warm water.	Mix rather soft.

MOLASSES COOKIES (*Without Eggs*).

$\frac{1}{2}$ cup melted butter.	$\frac{1}{2}$ teaspoon soda, dissolved in
1 cup New Orleans molasses.	2 tablespoons cold water (not more).

Add cinnamon, cloves and nutmegs or other spices to taste.

Use flour to make stiff enough so that it will just drop off from the spoon. They are nice eaten warm.

MOLASSES COOKIES No. 2.

Beat together 1 cup molasses, 1 cup sugar and 1 egg; add $\frac{3}{4}$ cup of melted lard in which is 1 teaspoon of salt; add 1 teaspoon of soda dissolved in warm water, and 1 teaspoon each of cinnamon, cloves and ginger; when all are mixed add 1 tablespoon of vinegar, and as much flour as can be mixed in. Roll out thin, and bake in a quick oven.

HERMIT COOKIES.

$\frac{1}{2}$ cup butter.	Flour to roll soft.
1 $\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ teaspoon soda, dissolved in
3 eggs.	4 tablespoons water.
1 teaspoon each cinnamon, cloves and nutmeg.	

HICKORY NUT COOKIES.

$\frac{1}{2}$ cup butter.	Flour enough to roll thin.
1 $\frac{1}{2}$ cups sugar.	1 teaspoon baking powder.
4 tablespoons milk.	1 cup hickory nut meats
3 eggs, well beaten.	chopped rather fine.
Bake in a quick oven.	

ORANGE COOKIES.

$\frac{3}{4}$ cup butter.	Flour to roll out.
1 cup sugar.	1 heaping teaspoon baking
3 eggs.	powder.
	Grated rind of 2 or 3 oranges.

ROCKFORD COOKIES.

$\frac{1}{2}$ cup butter.	Flour enough to roll out.
1 cup white sugar.	2 teaspoons baking powder.
2 tablespoons sweet milk.	Bake quickly.
1 egg.	

VANILLA COOKIES.

$\frac{1}{2}$ cup butter.	Flour enough to roll soft.
2 cups sugar.	1 teaspoon cream tartar.
1 cup milk.	$\frac{1}{2}$ teaspoon soda.
1 teaspoon vanilla.	Sprinkle on sugar as you roll them out.

SOFT COOKIES.

$\frac{1}{2}$ cup butter (scant).	2 eggs, well beaten.
1 cup sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup milk.	$\frac{1}{2}$ teacup cocoanut stirred in.

Mix soft with flour. Roll about $\frac{1}{2}$ inch thick. Take white of 1 egg beaten stiff, add 4 tablespoons granulated sugar, and cover top with this frosting; sprinkle with cocoanut. Bake a light brown in a quick oven. Watch closely as they burn easily. Extra nice.

JUMBLES.

$\frac{1}{2}$ cup butter.	Flour to roll out.
1 cup sugar.	1 teaspoon baking powder.
$\frac{1}{2}$ cup milk.	Bake in a quick oven.

COCOANUT JUMBLES.

1 cup butter (scant).	1 cup flour (heaped).
1 $\frac{1}{2}$ cups pulverized sugar.	1 lb. grated cocoanut.
5 eggs.	Drop on tins with tablespoon.

CREAM JUMBLES.

$\frac{1}{2}$ cup butter.	3 eggs.
1 cup sugar.	2 $\frac{1}{2}$ cups flour.
$\frac{1}{2}$ cup sour cream.	$\frac{1}{2}$ teaspoon soda.

HICKORY NUT JUMBLES.

1 cup butter.	2 cups flour.
1 cup sugar.	1 cup hickory nuts.
2 eggs.	Drop off a spoon.

GINGER BISCUITS.

1 cup butter.	2 eggs.
2 cups sugar.	1 teaspoon baking powder.
$\frac{1}{2}$ cup sweet milk.	1 teaspoon ground ginger.

Beat the butter and sugar together; add the eggs and beat again; then add the milk. Have the baking powder and ginger well mixed in a coffee cup of flour; add this and more flour to make a stiff dough. Cut out little cookies and bake.

GINGER SNAPS.

1 cup lard.	1 teaspoon soda dissolved in 2 or 3 tablespoons of water.
1 cup sugar.	
1 cup molasses.	
1 tablespoon ginger.	Salt to taste.

Stir in flour until the dough can be made into marbles between the palms; flatten and place in tins far enough apart not to touch each other in rising, and bake moderately. These snaps will keep weeks if kept dry; if they become damp they can be dried out and baked again.

GINGER SNAPS No. 2.

1 cup butter.	2 teaspoons soda.
2 cups New Orleans molasses.	2 tablespoons ginger. Flour to roll out.
2 eggs.	

GINGER SNAPS (*Without Eggs*).

$\frac{1}{2}$ cup lard.	$\frac{1}{3}$ cup water.
$\frac{1}{2}$ cup butter.	1 teaspoon soda.
1 cup sugar.	Flour to roll out.
2 cups molasses.	

SUGAR GINGER SNAPS.

4 tablespoons lard.	Flour enough to roll.
3 tablespoons butter.	2 teaspoons ginger.
1 cup sugar.	$\frac{1}{2}$ teaspoon soda dissolved in warm water.
$\frac{1}{2}$ cup water (scant).	

Warm the shortening and sugar and stir in the water and ginger; then the soda and add the flour last. Roll out very thin and bake in a quick oven.

FRUIT SNAPS.

1 cup butter.	1 cup each raisins and cur- rants.
1 teaspoon soda.	
1 $\frac{1}{2}$ cups sugar.	1 teaspoon each of ginger, cloves, cinnamon and all- spice.
$\frac{1}{2}$ cup molasses.	
3 eggs.	

Flour to roll out as soft as can be cut. These will keep several months.

SMALL CAKES

LEMON SNAPS.

$\frac{2}{3}$ cup butter.	Flour to roll soft.
1 cup sugar.	$\frac{1}{2}$ teaspoon soda.
4 tablespoons hot water.	2 teaspoons lemon juice.
2 eggs.	Bake in a quick oven.

LADY FINGERS.

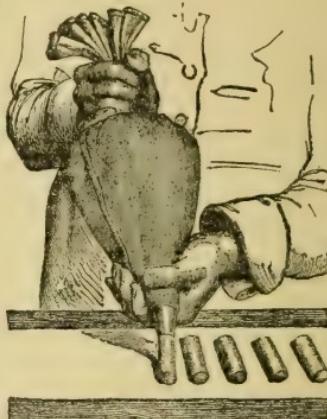
Take the yolks of 5 eggs, beaten light, 1 cup white sugar, 1 teaspoon baking powder, flour to roll thin; flavor to taste. Cut in strips the size of a finger. Do not let them touch in the pan. Bake in a quick oven, watching them, as they readily scorch.

Lady Fingers, No. 2.—Another recipe is to take the yolks of 3 eggs, beat light, add $\frac{1}{2}$ cup powdered sugar and beat again; add 2 heaping tablespoons of flour, mix well, and add the well-beaten whites of the 3 eggs. Squeeze them out of a paper cone, or bag (as shown in our illustration), dust on sugar, and bake till light brown in a moderate oven.

To Make a Pastry Bag.—Take strong muslin 12 inches square, fold together 2 opposite corners and fell together tightly 2 of the edges, thus making a triangular bag; then cut off the point and insert a tin pastry tube. It is best to make 2 or 3 bags for different sized tubes. To use the bag, put in the mixture, close the top, twist it, and hold it tightly with the right hand, while the left guides the point and presses out the mixture to form lady fingers, éclairs or anything else desired. (See the illustration.)

MACAROONS.

Almond Macaroons.—Take 1 lb. almonds, blanch them, and pound to a paste with a little rose water or



FORMING LADY FINGERS.

oil of lemon; add 1 lb. of white sugar, and the well-beaten whites of 4 eggs. Bake in drops, or small cakes, on buttered tins in a slow oven to a light brown. Some glaze them with beaten yolk of egg, and others dust on sugar before baking them. Keep in tightly closed tin boxes or glass jars.

Filbert Macaroons may be made in the same way, by using equal parts of filberts and almonds.

For Cocoanut Macaroons, use 1 cup powdered sugar and 1 cup grated cocoanut; work in enough of the cocoanut milk to form a plain paste; mold and bake as above directed.

Hickory Nut Macaroons.—Beat the whites of 3 eggs, 1 cup granulated sugar, and 1 cup powdered sugar, till very light; stir in 1 cup chopped hickory nuts, and bake like almond macaroons.

ÉCLAIRS.

1 cup butter.	3 cups flour.
2 cups water.	10 eggs beaten separately.
A pinch of salt.	

Put the water and butter (cut small) on the stove till melted; bring to a boil, beat in the flour, stir 2 or 3 minutes; let cool and then beat in the beaten yolks and then the beaten whites. Spread on buttered baking tins, in strips about 4 inches long and $1\frac{1}{2}$ inches wide (squeeze through the nozzle of a pastry bag if you have one) leaving them 2 inches apart to allow for swelling. Bake $\frac{1}{2}$ to $\frac{1}{3}$ hour. When cool, cut open and fill with whipped cream, flavored to taste, or with our mock whipped cream, or with any fruit jelly desired. Cover with chocolate, vanilla or almond frosting.



ECLAIR.

CREAM PUFFS.

Use same mixture as for "eclairs," but drop it onto the buttered baking tins by tablespoonfuls, making

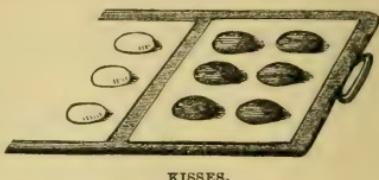
round balls instead of fingers. When done and cool, cut open and fill same as the "eclairs."

KISSES.

Take the well-beaten whites of 3 eggs, add 5 tablespoons of powdered sugar, and flavor with lemon juice; drop on buttered paper with a spoon, sift sugar over them and bake 30 minutes in a slow oven.

For Chocolate Kisses

pound together 2 oz. chocolate and 2 cups white sugar; sift it, mix it with the well-beaten white of egg, and finish as above.



MAPLE SUGAR CAKES.

Rub a piece of butter the size of an egg into 2 cups of flour, then add an even teaspoon of salt, well pulverized; again add a heaping teaspoon of home-made baking powder; stir all together thoroughly. Have on hand a cup of maple sugar coarsely sliced from the cake. (Place the cake of sugar on a tin and put in the hot oven until it is soft enough to cut.) Have the oven hot and a baking-tin well buttered; add a teacup of sweet milk to the flour and stir quickly. If the dough is not thick enough add a trifle more of flour; put in the sugar and stir again. Roll out and cut with the biscuit cutter; place on the tin and put in the oven. The oven should be hot enough to bake them brown in 10 minutes.

PATTY CAKES.

$\frac{1}{2}$ cup sugar.	2 teaspoons baking powder.
1 cup milk or water.	1 teaspoon vanilla.
2 eggs.	

Make a soft sponge and bake quickly in patty pans.

PUFFS.

2 rounded tablespoons butter.	2 eggs (well beaten).
	1 tablespoon flour.
4 heaping tablespoons sugar.	Grated rind of 1 lemon.
	1 cup milk.

Mix the milk and beaten eggs; slowly add the flour, butter, sugar and flavor, and mix well. Bake 20 minutes in a quick oven in buttered saucers.

SHREWSBERRY CAKES.

1 cup butter (heaped).	2 cups flour.
1 scant cup granulated sugar.	$\frac{1}{2}$ oz. caraway seeds.
	1 egg, beaten well.

Roll very thin and cut into small cakes; prick them and bake in tins or shallow pans in a moderate oven.

VERNON CAKES.

1 heaping cup butter.	4 eggs.
1 heaping cup sugar.	2 teaspoons soda.
2 cups molasses.	2 teaspoons cinnamon.
1 cup milk.	1 nutmeg, grated.

Stir together well; bake, not too close together on sheet iron. As they burn easily watch carefully.

CREAM CAKES.

1 tablespoon butter.	3 yolks of eggs.
1 cup sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup milk.	Flour to make stiff batter.

Bake in patty pans in a quick oven. Cut a cone shaped hole in the center of each and fill with whipped cream, sweetened and flavored with vanilla; or use our "Mock Whipped Cream," given among our fillings for layer cakes. Sprinkle a little dessicated cocoanut on top. This makes about 1 doz. cakes. They are delicious.

SAVOY BISCUITS.

Break 5 eggs into a pan and add a coffee-cup of granulated sugar; beat together until it is thick, then beat in gradually a coffee-cup of dry sifted flour.

Place the dough in teaspoonfuls on buttered paper in a dripping-pan, and bake a light brown. When cold, brush the under sides of the biscuits with the beaten white of an egg, and press 2 together.

TRIFLES.

2 cups butter (heaped).	2 cups sugar (heaped).
1 cup sweet milk.	4 cups flour (heaped).

Cream the butter and sugar, sift in the flour, add the milk, turn the dough onto a bread-board and work well; roll out in as thin sheets as possible, cut in small round cakes, and bake in a very moderate oven.

TURTLE CAKES.

These always please the children. Have the turtles all made the day before, and ready on a plate. Take large raisins and flatten them; insert at one end a whole clove, with the head sticking out for the head of the turtle; at the other end insert the stem of a clove with the smaller end out for the turtle's tail; on each side insert two cloves with the heads picked out leaving the spurs on for the claws of the turtle. Make nice round cookies, spread a thick frosting on one side, and place a turtle on the frosting to dry.

SAND TARTS.

Put together 2 cups sugar (heaped), 1 cup butter, 4 cups flour (level); add 2 beaten eggs, mix smooth, roll out, and cut into cakes; wash over with egg, beaten whole, sprinkle with cinnamon and sugar, and bake.

TRILBY LAYER CAKE (Fine).

2 cups powdered sugar.	1 cup sweet milk.
1 cup butter.	4 whites of eggs.
3 cups sifted flour.	2 scant teaspoons baking powder.

Flavor to taste. *For high altitudes* use flour not sifted, and less sugar and butter (see pages 16 and 358). *For filling*, use Boiled Icing Filling (given on page 360) with finely chopped figs or walnuts stirred in.

DESSERTS.

UNDER this head may be found recipes for making many delicate dishes with corn-starch, eggs, gelatine, etc., which can be prepared in the morning, or the day before they are to be used, and, in warm weather, served cold as dessert.

Fresh new milk should be used whenever a recipe calls for milk, but condensed milk can be used if fresh milk is not to be obtained. If cream is used it should be sweet, and as fresh as possible—the cream from “separators” and creamers is the safest to use. Thin cream with milk mixed in it will not whip to a froth. The colder it is the better it whips—in warm weather it is apt to turn to butter.

If cream is slightly turned a *very little* cooking soda dissolved in a little cold water may be mixed with it and will restore it without injuring the flavor. The soda (alkali) counteracts the lactic acid developed in souring. Milk should be scalded in a double boiler made for the purpose; or use a tin pail set in a kettle of boiling water which answers very well, and is not likely to be melted to pieces by a careless servant.

So many warnings against using bad eggs have already been given that we need not repeat them here. Beat eggs in stone or earthenware and not in tin, as explained for cakes. It is an improvement to strain yolks through a small wire strainer after beating them. The yolks alone, or the whole egg, can be used for floats and boiled custards. To add the eggs so that they will not curdle there are several ways. One way is to heat the milk till a slight foam appears on top, then put in the sugar, which cools it so that the eggs can be added without curdling. Another way is to mix in a bowl, the sugar and beaten yolks, then gradually add a little of the boiling milk which will heat the eggs and sugar; then slowly stir them into the boiling milk; stir constantly until it thickens a little but do not leave long enough to curdle; then at once set the pail containing it in cold water or else turn it into a cold dish, as, if left in the hot pail, it will curdle.

Molds when used for blanc mange, charlotte russe and all creams, should be first wet with cold water.

See what we say about the action of neat on flavoring extracts in our introduction to “Cake.” The flavoring is best added after the dish is taken from the stove.

Rennet.—Get the butcher to prepare the stomach of a calf for you, salt it well, and spread out to dry; when about half dry, shake the loose salt off and cut it into strips; then take a quart bottle, put in the strips, and fill with currant, Muscatine, or any other sweet wine; let stand 12 or 15 days, and it can be used. It is superior to the liquid rennet sold in the stores, and will keep 12 months or more.

BLANC MANGE.

Blanc Mange means literally "white food" or jelly, but in many recipes fruit or other coloring is now added to such desserts to improve the appearance and give variety. Blanc mange is made of many materials, like corn-starch, arrowroot, sago, tapioca, gelatine, etc. It may be garnished with bright colored jelly if desired, and eaten with whipped cream, cream and sugar, boiled custard, preserves, fruit juices, jellies or sauces.

Arrowroot and several other blanc manges are given in our "Invalid Cookery" (which see).

ALMOND BLANC MANGE.—Take 4 cups milk, 4 tablespoons of corn-starch and 4 tablespoons of sugar; boil all together until thick, and add 30 almonds, blanched and split.

FARINA BLANC MANGE.—Mix 5 tablespoons of farina in a little cold water, add a pinch of salt, and stir it into 1 quart of boiling milk; boil 10 to 15 minutes, and turn into a wet mold.

Corn-Starch Blanc Mange is made the same way, but do not cook quite as long. It can also be made by using 1 tablespoon less of corn-starch, and adding 2 well-beaten eggs, which makes it richer.

FRUIT BLANC MANGE.—Stew the fresh fruit, strain off the juice and sweeten to taste. Put it in a double kettle and let it boil. While it is boiling, stir in corn-starch wet with a little cold water, in the proportion of 2 tablespoons of corn-starch to 1 pint of juice; stir it until it is cooked; then pour in molds wet in cold water, and set them away to cool. They may be cooled quickly by setting the cups in a pan of cold water and changing the water as it becomes warm. Eat with cream and sugar, or a rather thin boiled custard.

Cherries or red raspberries are nicest, but other fruit may be used. Currant juice combined with raspberries is fine; strawberries are good, and a circle of fresh strawberries around the molds makes a good garnish.

IRISH MOSS BLANC MANGE.—Wash 1 cup moss in soda water to remove the saline taste, and rinse in several waters; steep it in 1 quart of milk till that is thickened; strain through a fine sieve,

and sweeten and flavor to taste. Wet the mold in cold water and pour in the blanc mange. Serve with sugar and cream, eating it the day it is made. It is an addition to give a little preserved ginger with each plate. This is good for invalids without the ginger.

RICE BLANC MANGE.—Use $\frac{1}{4}$ pound ground rice, 1 quart milk, 3 ounces loaf sugar, 1 ounce fresh butter. Mix the rice to a smooth batter with about $\frac{1}{2}$ pint of the milk; put the remainder into a sauce-pan with sugar, butter, and a small pinch of salt; bring to the boiling point; then stir in the rice and let it boil 10 minutes. After taking from the fire add any flavoring desired. Grease the mold with salad oil, and when perfectly set, it should turn out easily. Garnish with jam, or pour around a compote of any kind of fruit just before sending to the table. It is best made the day before it is wanted. *A nice flavoring* is made by steeping 3 laurel leaves in the milk and taking them out before the rice is added.

VARIEGATED BLANC MANGE.—Make 2 blanc manges—1 white, of corn-starch, and 1 colored, of fruit; pour a little of each of these alternately into a mold, thus forming different colored layers, letting each layer set before pouring on the next.

CUSTARDS.

Duck's eggs, when obtainable, add much to the richness and flavor of custards. Less are required than of the ordinary eggs. Four duck's eggs to a pint of milk makes a delicious custard.

Custards may be made with cream or milk, and with eggs varying in number. One tablespoon of sugar for each egg is the uniform rule for custards.

A very plain custard can be made with 1 egg to a pint of milk and a good one with 3 eggs, but if it is wanted very rich 4 or even 5 eggs can be used. The richer the custard the more likely it is to curdle. If it does curdle, take an egg-beater and thoroughly beat a bowlful at once and it can be saved, although many cooks do not know this. Floating Island can be saved the same way. For boiled custards the yolks give a smoother consistency than the whites.

Boiled custards require constant attention from beginning to end; do not let them boil an instant too long, but take them from the stove as soon as they are done and they will thicken in cooling; do not leave them in the hot dish, or they will curdle, but pour them into cold molds, or set the vessel containing them in cold water.

Custard ought to be thin enough to pour if it is to serve as a sauce, and should then be taken off an instant sooner.

If the yolks only are used in the custard the whites may be utilized in various ways. They can be beaten up, sweetened and flavored and put on top, as in "Floating Island"; or after beating, they may be poached by dipping a spoonful at a time into boiling water or milk, and then spread on top of the custard, either dotted with bits of jelly or not, as preferred. The beaten whites can also be colored by beating in any bright colored jelly, using 1 tablespoon of jelly to the white of each egg.

The Time to Bake custards is 20 to 30 minutes in a moderate oven. Bake them slowly with moderate heat; if there is too much heat they will partly turn to whey. They are done when firm in the center; or test them by thrusting in a knife or spoon—they are done when it comes out clean.

BAKED CUSTARD.—Scald 4 cups milk; beat the yolks of 4 eggs, add 4 tablespoons of sugar and $\frac{1}{2}$ teaspoon of salt; pour on the scalded milk and bake in cups set in a dripping-pan with boiling water in the bottom; grate nutmeg on top. Time to bake, about 20 minutes. Or it can be steamed in a bowl or in cups. Six eggs are often used, but it is nice with 4.

Nutmeg is the kernel of the fruit of an evergreen tree now cultivated in the West India Islands, etc. It contains about 6% of a pungent essential oil. It is aromatic, stimulant, and contains narcotic properties. Nutmeg is injurious to many people, causing what is called heart-burn.



NUTMEG.

BOILED CUSTARD.—Bring 2 cups milk to the boil; beat the yolks of 3 eggs, add 3 tablespoons of sugar, $\frac{1}{2}$ saltspoon salt, and beat well; add the boiling milk slowly, set it in a double boiler and cook till thick; when partly cool stir in $\frac{1}{2}$ teaspoon of vanilla or any other flavoring preferred. One half teaspoon of corn-starch dissolved in a little cold water and boiled with the milk will prevent the custard from curdling which it is sometimes apt to do. A meringue can be made of the whites and spread over the top when cool, if desired.

For a *chocolate custard* add $\frac{1}{2}$ square of chocolate, melted. For *cocoanut* add $\frac{1}{2}$ cup grated cocoanut. Lemon or orange jelly can be cut in cubes and added if desired for variety, or canned or candied fruits, can be added.

CORN-STARCH CUSTARD.—Beat together the yolks of 3 eggs, 1 cup sugar and 1 teaspoon corn-starch; add 2 cups boiling milk, let boil 10 minutes, add 1 teaspoon butter, and when cooled a little, $\frac{1}{2}$ tea-spoon of any flavoring extract liked best.

ALMOND CUSTARDS.—Make a boiled custard with 1 pint of milk, the yolks of 4 eggs, 4 tablespoons of sugar, and 1 saltspoon of salt. When cold, add $\frac{1}{2}$ cup of finely chopped almonds and 1 teaspoon of vanilla. Serve in glasses with whipped cream sprinkled with finely-shredded almonds.

APPLE CUSTARD.—Take 1 pint stewed apples, sweetened and cooled; 1 pint sweet milk, 4 eggs, well beaten. Mix the apple, milk and eggs, put in the baking-dish, grate a little nutmeg over the top, and bake $\frac{1}{2}$ hour.

ARROWROOT CUSTARD.—Two cups of boiling milk, 3 heaping teaspoons arrowroot wet with a little cold milk, 2 tablespoons of sugar beaten with 1 egg. Mix the paste with the boiling milk, stirring briskly; take from the fire, stir in the egg and sugar, and boil 2 minutes; flavor to taste and add a pinch of salt. This is very light and delicate, and suitable for invalids.

BANANA CUSTARD.—Make a plain boiled custard, and when cool, pour it over bananas cut in thin slices.

FRUIT CUSTARDS.—Make the same as banana custard, using any kind of fruit desired, either fresh or canned.

BENGAL CUSTARD.—Take 1 quart of milk, 3 tablespoons of rice flour, 3 well-beaten eggs, 3 tablespoons of sugar, or more if liked. Scald the milk in a double boiler, beat the eggs, rice flour, and sugar together, and flavor with nutmeg or vanilla. Bake or steam in custard-cups. If baked, place the cups in a dripping-pan of hot water and the cups will not be discolored.

SOFT CARAMEL CUSTARD.—Take 1 quart of milk, $\frac{1}{2}$ cup of sugar, 6 eggs, $\frac{1}{2}$ teaspoon of salt. Put the milk on to boil, reserving a cupful. Beat the eggs and add the cold milk to them. Stir the sugar in a small frying-pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk; then add the beaten eggs and cold milk and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

CHOCOLATE CUSTARD.—Use $\frac{1}{4}$ lb. Baker's prepared cocoa to 1 quart of milk. Mix the milk and scraped chocolate to a thick paste; boil 15 minutes; while warm stir in 3 tablespoons sugar, and set it away to cool. Beat 8 eggs well, and stir into this mixture. Bake in cups. It may be served with a macaroon on top of each.

COCOANUT CUSTARD.—One quart milk, yolks of 4 eggs, 6 tablespoons of sugar, 2 tablespoons corn-starch and 1 teaspoon vanilla

flavoring. Put milk, sugar and eggs on the stove in a kettle of hot water, or use a double boiler; when the milk begins to simmer add the corn-starch dissolved in a little cold milk; boil 3 minutes. When cool add the flavoring and cover the top with grated cocoanut.

CUSTARD FLOAT.—Put 4 large tablespoons of chocolate in 1 quart of milk; dissolve it well, and heat it in a double boiler; add the well-beaten yolks of 4 eggs, $\frac{1}{2}$ cup of sugar, 1 tablespoon of corn-starch, and 1 teaspoon of vanilla; boil about as long as corn-starch custard, and then put on ice to cool. When ready to serve pour into a glass dish, and put the well-beaten whites of the 4 eggs on top. It will be relished by those who like chocolate.

LEMON CUSTARD.—Take 1 pint of fresh milk, 1 lemon, $\frac{1}{2}$ cup sugar, yolks of 4 eggs. Put the milk to scald in the double boiler; add the grated rind and strained juice of the lemon to the sugar; beat the yolks of eggs stiff, then mix with the sugar and lemon, and stir it into the milk when scalding hot; take it from the fire immediately as it must not boil. When it has cooled a little fill it into the custard-cups. The white of 1 egg and 2 tablespoons of sugar may be made into frosting and a portion placed on each custard.

RENNET CUSTARD.—Heat 1 quart of milk until it is luke-warm; add 2 tablespoons of rennet (see our recipe for preparing it, although it can be bought at the stores), 2 tablespoons of lemon juice, and 4 tablespoons of sugar; stir the ingredients gently together; as soon as they are mixed pour the custard immediately into the bowl in which it is to be served. Set it on the ice as soon as it is cool, and serve it for dessert, with preserves or cream and sugar. It will be firm in about 2 hours, and should be served soon after.

OST KAKA (of Sweden).—This is rennet custard served with cinnamon and cream.

CUSTARD SOUFFLE.—Use 2 cups milk, 2 tablespoons butter, $\frac{1}{2}$ cup sugar, 4 eggs, 2 teaspoons of flour, 1 teaspoon of vanilla. Scald the milk in a double boiler, and when hot add the yolks of the eggs well beaten with the sugar and flour; take from the fire as soon as it begins to thicken, and stir in the butter; beat the whites of the eggs to a stiff froth, and cut it into the custard lightly, and bake $\frac{1}{2}$ hour in a slow oven. Serve as soon as taken from the oven.

STEAMED CUSTARD.—Take 5 eggs (throw out the yolks of 2, and beat), 3 tablespoons of sugar, a pinch of salt, a chip or two of lemon or orange, and a little vanilla. Scald 1 quart of milk, take off

the scum, and pour it on the beaten eggs. Set it to steaming in a close covered vessel, and steam 5 or 6 minutes; then set on ice.

TAPIOCA CUSTARD.—Take 1 quart of fresh milk, 2 eggs, $\frac{1}{2}$ cup of pearl tapioca, $\frac{1}{2}$ cup of white sugar. Soak the tapioca over night, and the next morning drain off all the water while the milk is scalding in a double boiler; when the milk is hot, add the tapioca and let it simmer 10 minutes; beat the sugar and eggs together, and add to the milk and tapioca; flavor with cinnamon, vanilla or nutmeg.

TOMATO CUSTARD.—Peel and stew until thoroughly cooked 1 quart of ripe tomatoes; strain through a sieve to remove the seeds; beat 3 fresh eggs very light and add them to the strained tomatoes with a teacup of white sugar, a pinch of salt, butter the size of an egg, and a little nutmeg. Bake in a quick oven 15 or 20 minutes. This is nice served hot or cold.

VARIOUS CUSTARDS.—Those without experience should adhere closely to the recipes given, but cooks with a little experience can produce a variety of custards by varying the flavors used, leaving the body of the custard the same. *Oranges* cut fine (after being peeled and seeded) can be used, simply adding them to a good custard; so can *canned* or *candied fruits*, *chopped almonds*, *grated cocoanut*, *chocolate*, *caramels*, *macaroons*, etc., thus making various custards. An ingenious cook can devise many changes, and make attractive dishes, and we advise experienced cooks to try it.

CREAMS, PUFFS, ETC.

CHOCOLATE CREAM.—Heat 4 cups milk and a pinch of salt; when hot add 3 tablespoons of flour; after it thickens add yolks of 3 eggs, beaten to a cream with 3 tablespoons of sugar; cook a few minutes, and when done add 1 teaspoon vanilla. Beat the 3 whites stiff, add 3 tablespoons of sugar, then 3 tablespoons of grated chocolate. Spread it on the cream and brown it in the oven.

COFFEE CREAM.—Mix $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup strong coffee and 1 pint rich cream; whip till it is all froth; put in stem glasses, freeze, and serve in the same glasses.

HAMBURG CREAM.—Grate the rind and squeeze the juice of 1 lemon into $1\frac{1}{2}$ cups sugar; beat the yolks of 5 eggs, put into a pan, add the sugar, and set in hot water, stirring all the time; when the eggs begin to cook, add the 5 whites, which should be beaten and ready; then remove and let cool.

MOCK CREAM.—Take 1 quart of new milk, 1 fresh egg, 1 teaspoon of corn-starch, 1 teaspoon of white sugar. Scald the milk in a double boiler, or tin pail set in a kettle of boiling water. Beat the starch, sugar and egg thoroughly, and stir into the milk when it is scalding hot. Let it get thoroughly cold before serving.

PINK CREAM.—Use 3 gills raspberry syrup mixed with $\frac{1}{4}$ pound of sugar and 1 pint of thick, sweet cream. Whisk until very light, and serve in whip glasses.

RICE CREAM.—Boil 1 cup rice till tender, in new milk; add white sugar to whiten, pile on a dish, and spread slices of currant jelly or preserved fruit on top of it. Then take the well-beaten whites of 5 eggs, sweetened with powdered sugar, and add 1 tablespoon of rich cream and flavor with vanilla; spread this on top like snow.

RICE CREAM No. 2.—Cook 4 tablespoons of dry rice in 4 cups milk, then add yolks of 4 eggs, 4 tablespoons of sugar, and a pinch of salt; cook till done and add 1 teaspoon of any flavoring desired. Beat the whites of the eggs, add 2 tablespoons of sugar, spread it on the cream, and brown in the oven.

TAPIOCA CREAM.—Soak 1 cup tapioca in 2 cups water over night. In the morning add 4 cups rich milk, put it in the double boiler and cook $\frac{1}{2}$ hour; then add $\frac{1}{2}$ cup sugar (scant), a little lemon flavor, and the yolks of 3 eggs; stir continually, letting it cook gently for 3 minutes, and then stir in the 3 whites of egg, beaten stiff. Pour it into a glass dish and serve cold.

For a change instead of adding the 3 whites of egg the tapioca can be allowed to get cold, then spread on a layer of jelly and cover with a meringue. Or, leave off the jelly, cover with a soft frosting, and brown slightly in the oven.

SAGO FLOAT.—Soak 4 tablespoons of sago in cold water $\frac{1}{2}$ hour; then cook till clear. Heat to boiling 4 cups milk, add the sago, 2 beaten eggs, 1 cup sugar, 1 heaping tablespoon of flour rubbed smooth in a little milk, and salt and flavoring to taste. Cook in a double boiler; when thick and creamy pour it into a pretty dish and dot it over with a meringue in spoonfuls; brown delicately and serve cold.

AIR BALLS.—Make as for cream of tartar biscuit, and cut in small squares. Fry them in smoking hot fat, like doughnuts, lay them on paper to drain off the grease, and dip them in hot simmered molasses, which should be ready at hand. Serve hot.

CRACKER DESSERT.—Put a square cracker in a saucer, pour just enough boiling water on it to soften it; put a teaspoon of jelly in the center, sprinkle sugar over, and pour sweet cream over all. Very nice also for invalids.

CHARLOTTE RUSSE.—Beat the whites of 7 eggs to a stiff froth; whip 1 pint of cream and add it; add sugar and flavor to taste; pour it over sliced cake. Set in a cool place after making.

JELLY AND RICE DESSERT.—Soak 1 teacup rice; when done to a jelly add 1 teaspoon of currant jelly and $\frac{1}{2}$ teacup of fruit juice; boil a few minutes; put in molds, and eat with cream and sugar.

FLOATING ISLAND.—Beat well the yolks of 4 eggs, add 5 tablespoons of sugar, and stir it into 1 quart of sweet milk; when cool, flavor and pour into a dish. Heap upon it the 5 well-beaten whites, to which a little sugar is added, and $\frac{1}{3}$ cup jelly. Dot with bits of jelly.

LAYER PUDDING (Brown Layer).—Take 2 cups milk, $\frac{1}{2}$ cup sugar, 2 tablespoons scraped chocolate, and 2 rounded tablespoons of corn-starch; moisten the starch in a small portion of the milk, and place the remainder in a double boiler with the chocolate until it is scalding hot; then add the corn-starch and sugar and stir it constantly until it thickens; then put it in a buttered pudding dish or mold to cool.

Yellow Layer.—Take 2 cups milk, $\frac{1}{2}$ cup sugar, yolks of 2 eggs, 2 tablespoons of corn-starch and $\frac{1}{2}$ teaspoon of extract of vanilla; scald the milk as above, saving a portion to moisten the corn-starch; when the milk is hot add the egg yolk, corn-starch and sugar, and stir until thick; take from the fire, add the vanilla, and put this in the mold to cool, over the brown layer of pudding.

Pink Layer.—Take 2 cups milk, $\frac{1}{2}$ cup sugar, 2 tablespoons corn-starch dissolved in berry juice, or the berries may be crushed fine and added without straining; make like the other layers, and put this layer in the mold over the yellow layer. Then beat the 2 whites of eggs to a stiff froth, with $\frac{1}{2}$ cup pulverized sugar, and place it on top.

This pudding can be made of water instead of milk, if milk is scarce, and if eggs are scarce the yellow part may be colored with a little saffron instead of the yolk of egg, and the frosting omitted. Serve with sweet cream, or any liquid pudding sauce preferred.

KISS PUDDING.—Beat the yolks of 3 eggs with $\frac{1}{2}$ cup sugar until light; add $1\frac{1}{2}$ tablespoons corn-starch wet with a little cold milk; stir in 2 cups boiling milk till thick; then let cool. Beat the whites of the 3 eggs with $\frac{1}{2}$ cup sugar, spread it over the top, and brown in the oven.

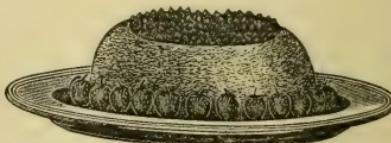
MOCK LEMON JELLY.—To 4 cups boiling water add 1 small teacup of sugar, and 5 tablespoons of vinegar, or less if very strong; boil 2 or 3 minutes and stir in 2 level tablespoons of corn-starch dissolved in cold water; boil 2 minutes and add 2 teaspoons lemon extract; let it cool before serving.

DESSERT PUFFS.—Take the well-beaten whites of 4 eggs, 2 cups cream, 2 cups milk, 1 cup sifted flour (heaped), 1 cup powdered sugar (scant), a little salt, and a little grated rind of lemon; beat them all together until very light; bake in gem pans, and then sift pulverized sugar over them. Eat with sauce flavored with lemon.

RICE DESSERT.—Spread rice that has been cooked quite thick, on a plate; spread over it a layer of strawberry jam, then a layer of rice on top. Sprinkle powdered sugar on top and serve with cream.

RICE WITH CUSTARD.—Boil 2 cups rice in 4 cups of water, with a little salt; when done turn into small cups. When cold turn onto a dish. Make a boiled custard with yolks of 2 eggs, 2 cups milk and 1 teaspoon of corn-starch; flavor with lemon. When cold pour it over the rice balls.

RICE MOLDS.—Cook rice in the morning and turn it into buttered teacups; when cold turn them on to a platter, make a little cavity in the top of each one and fill the opening with any kind of jelly liked best. Serve sweetened and flavored cream with them. Or put the rice in a large mold first; when cold turn out on a plate, make a cavity in the top, fill it with jelly and put fruit around the base, as shown in our illustration.



RICE MOLD.

MOLDED SNOW.—Scald 3 cups of milk and mix $\frac{1}{2}$ cup of corn-starch, with 1 cup of milk, using 1 quart of milk in all. Stir the diluted corn-starch into the hot milk, adding also 2 tablespoons of sugar. Cook 15 minutes; then add the whites of 3 eggs beaten stiff and pour into a mold. Chill and serve.

SCANDINAVIAN ROGROD.—Take 1 $\frac{1}{2}$ quarts of water and add 1 $\frac{1}{2}$ quarts of any acid fruit juice, like currant, and 2 heaping cups sugar, and bring to a boil. A little stick cinnamon tied in a bag should be dropped in and later taken out, as it can be used in that

way often. While boiling, stir in slowly, to keep it from lumping, 1 lb. soaked sago, or $1\frac{1}{2}$ lbs. arrowroot; then boil 15 minutes, and turn into molds or cups to cool. Serve with sugar and cream when cold. (A favorite dish in Sweden and Norway).

SPONGE BISCUIT FOR DESSERT.—Take 2 cups flour, $1\frac{1}{2}$ cups sugar, sifted, 6 eggs, beaten separate, lemon flavor. Beat the whites, add the beaten yolks, then the lemon flavor, then the sugar; mix well and add flour last. Bake in patty-pans, with sugar sprinkled over the top to glaze. Serve with a rich liquid sauce.

FRUIT DESSERTS.

See also what is said at the close of this section under the head of "Additional Fruit Desserts."

APPLE FLOAT.—Bake 3 apples (with no water around them); when done, scrape the pulp all out, thoroughly mix in 1 cup sugar and let it cool. Then add the well-beaten white of 1 egg, and beat all together thoroughly. Form it into shape and pour around it a custard made of 1 quart of milk, 1 teaspoon corn-starch, yolks of 3 eggs, sugar to sweeten, and lemon or vanilla flavor.

APPLE KUCHEN.—Make a pie-crust a trifle richer than biscuit, roll out and place it in the bottom of the pan in which meat is roasted. Peel cooking apples, slice them into eighths, and place them across the pan, close together in even rows, leaving a small space between the rows, and pressing the inner edge of the apple slightly into the crust; sprinkle coffee "A" sugar over the apple, and a little nutmeg; bake in the oven until the apples are cooked. This will make a simple and attractive dessert.

APPLE SNOW.—Make a boiled custard with the yolks of 3 eggs, 2 cups milk, 4 tablespoons of sugar, a pinch of salt, and $\frac{1}{2}$ teaspoon vanilla. Beat the 3 whites of eggs to a stiff froth, and then beat in 1 cup pulverized sugar and, little by little, 2 cups unsweetened apple sauce. Serve, using the custard as a sauce.

Apple Snow No. 2.—Sift steamed apples to make 2 cups of pulp. Beat the whites of 3 eggs stiff and stir together. To every tablespoon of apple use 1 teaspoon of sugar until the apple is all beaten in. Beat the whole stiff and keep cold. Serve with cream or custard.

RED Currant Snow.—Use 2 cups boiling water, 2 tablespoons of corn-starch and 1 cup sugar; when cooked thick remove from fire and add the juice of 2 cups of red currants crushed and

pressed through the colander. Beat the whites of 2 eggs, add a little sugar and pour over all.

RASPBERRY SNOW.—Proceed as directed for red currant snow.

STRAWBERRY SNOW.—Proceed as directed for red currant snow.

Other Fruits can be used the same way, producing many varieties.

BANANA DESSERT.—Allow for 12 bananas $1\frac{1}{2}$ cups fruit juice (any kind preferred) and 1 cup sugar. Peel the bananas and stew them gently in this syrup 20 minutes; then take out and lay them in a glass dish. Boil the syrup until it thickens and pour it over the bananas. Serve cold.

BANANA DESSERT, No. 2.—Peel and slice 6 bananas; peel, slice and seed 6 oranges; arrange in alternate layers, sprinkling on powdered sugar, and squeeze the juice of a lemon over all and serve cold.

BERRY DESSERTS.—In 2 cups water simmer 4 cups of any berries desired, sweetening to taste; boil 2 tablespoons of corn-starch in 2 cups water for 15 minutes; then stir in the fruit, turn it into molds and set it in a cold place to harden. Serve cold, with cream, whipped cream or mock whipped cream. Or (2) arrowroot can be used instead of the corn-starch if preferred; also fresh fruit can be used instead of the stewed.

FRUIT CUPS.—Stir 2 teaspoons baking powder into 2 cups sifted flour; add water to make a soft dough. Butter coffee-cups, drop in a little of the dough, then 2 or 3 teaspoons of chopped peaches, then enough more dough to fill the cups about half full. Put the cups in a pan of hot water, set in the oven, cover closely and steam 30 minutes. Eat with sugar and cream or whipped cream.

Stoned cherries, currants, dates, figs, strawberries, raspberries, or any other fruit can be used instead of the peaches, and a variety of desserts produced in this way.

COCOANUT CORN-STARCH.—Bring 4 cups milk to the boil; moisten 2 tablespoons of corn-starch with a little of the hot milk, add the well-beaten yolks of 4 eggs, $\frac{1}{2}$ cup of grated cocoanut and 1 salt-spoon of salt; stir all into the boiling milk until it thickens. Beat the 4 whites of eggs with $\frac{1}{2}$ cup of powdered sugar, spread it on top



ARROWROOT.

of the corn-starch when it is partly cooled, and sprinkle cocoanut on top.

SNOWED FRUIT.—Spread a layer of sliced apples, pears, peaches, bananas, pineapple or other fruit; then put on a layer of dessicated or fresh grated cocoanut and sugar, then another layer of fruit, and so on alternately. Cover the top lightly with cocoanut and sugar. Eat with or without cream.

Berries of any kind may also be used instead of the larger fruit.

TAPIOCA NUT CREAM.—Soak $\frac{1}{2}$ pound of pearl tapioca over night in $1\frac{1}{2}$ cups of cold water. Cover with 3 cups of cold water and cook in a double boiler until transparent, then add $\frac{1}{2}$ cup of sugar, and the juice and grated rind of a lemon; turn into small molds. Chill and turn into a glass dish garnished with apricots and whipped cream, sweetened and flavored with chopped walnuts and vanilla.

THICKENED CREAM.—Stir together $\frac{1}{2}$ cup of rich milk, $\frac{1}{2}$ cup white sugar, and 1 wine-glass of rose-water; add the beaten yolks of 2 eggs, and stir all into 1 quart of rich cream; set it over hot coals, let it just come to a boil, stirring all the time; then take off, pour into a glass bowl, and set away to cool. Eat with any berries, like strawberries, or raspberries, or with sweetmeats.

FRENCH JELLIES.—Let a layer of melted jelly cool in the bottom of a mold; then add a layer of *any kind* of fresh fruit, or soft dried fruit; then add another layer of jelly, and so on until the mold is filled. Many delicious desserts can be thus produced.

BIRD'S NEST.—Take 6 apples, peel, sweeten and bake, and then cover with a custard made of 2 tablespoons sugar, 3 yolks of eggs, 3 cups milk, and 1 teaspoon of vanilla; bake till firm.

FRUIT DESSERT.—Cover the bottom of a berry dish with a layer of sliced oranges; sprinkle on pulverized sugar, then put on a layer of strawberries, and so on alternately until the dish is full. Over the whole pour orange juice in the proportion of 3 oranges to a quart of berries. Let stand about an hour, and just before serving sprinkle with pounded ice.

Fruit Dessert No. 2.—Cut bananas, oranges and pineapple in small pieces; arrange them in alternate layers in a glass dish, with powdered sugar and grated cocoanut between each layer. Squeeze the juice of a lemon on top and set on ice for 4 or 5 hours. The last thing before serving sprinkle grated cocoanut freely on top. It makes a nice dessert with white cake.

Various other fruits may also be combined for fruit desserts,

such as strawberries, raspberries, currants, peaches, etc., and thus a variety of pleasing combinations and flavors can be produced. Exercise your ingenuity in devising new combinations.

FRUIT DESSERT No. 3.—Put 4 cups of sliced apples or peaches or pears (or 2 cups of any nice canned fruit) in a pudding dish and set it on the stove to heat, while a batter is whisked to pour over it. Make the batter with 2 beaten eggs, 2 cups sweet milk, 2 tablespoons melted butter, $2\frac{1}{2}$ cups sifted flour, 1 heaping teaspoon of baking powder and a pinch of salt. When the fruit is bubbling hot, pour the batter over it, and bake in the oven until it is thoroughly done. Serve warm with cream and sugar. Many varieties can be thus produced.

FRUIT WHIP.—Take either raspberries, strawberries, peaches, nectarines, apricots, pears or other fruit, sweeten to taste, mash, and add 4 well-beaten eggs for every quart of fruit, stir together well and set on ice. Serve either with or without cream, or with whipped cream or mock whipped cream.

LEMON CREAM.—Take the pulp of 1 lemon cut fine with a knife (not chopped), add the grated rind, 1 cup sugar, and $\frac{2}{3}$ cup water and bring to a boil; add 2 well beaten eggs and 1 tablespoon flour rubbed smooth in water; when it thickens take from the fire. Let it cool before serving.

ORANGE DRESSING.—Take the juice of 3 oranges and 1 lemon; add $\frac{1}{2}$ cup sugar and 1 egg; beat all together, bring to the boil, simmer 5 minutes and strain. Add a little grated peel of orange and lemon if desired. It makes an excellent dressing for fruits like sliced oranges, bananas, etc. Keep on ice till ready to serve.

ORANGES AND COCOANUT.—Peel and slice oranges, put a layer in a glass dish, sprinkle on white sugar, cover with a layer of dessicated or fresh grated cocoanut, add another layer of oranges and sugar, and so on alternately, with cocoanut on top. It should be prepared in the morning and left in a cool place, or on ice, till tea time. Layers of *pineapple* can be added also if desired. A glass of lemon and orange juice mixed and poured over all will be an improvement.

ORANGE FLOAT.—Stir 4 tablespoons sugar in 4 tablespoons water; pour on 4 cups boiling water and stir in 1 cup sugar and the juice of 1 lemon; when it thickens (in about $\frac{1}{4}$ hour) take from the stove, and as it cools pour it over 5 or 6 sliced and seeded oranges. *Oranges and bananas* mixed are also nice. It can be eaten thus, or

if desired spread over the top the beaten whites of 3 eggs sweetened and flavored with a few drops of vanilla. Eat with cream.

ORANGE PUDDING.—Peel 3 sweet oranges, slice, take out seeds, and pour on 1 cup white sugar. Let 2 cups milk get boiling hot, add yolks of 2 eggs well beaten and 1 teaspoon of corn-starch made smooth with a little cold milk; when thickened pour it over the fruit. Make a meringue with the 2 whites of eggs and 1 tablespoon of sugar, spread it on top, and harden a few minutes in the oven. Serve cold.

ORANGE AND RHUBARB.—Into a fruit dish put a layer of sliced oranges, sprinkle on sugar, add a layer of cold rhubarb sauce well sweetened, and so on alternately. Let stand $\frac{1}{2}$ hour before serving.

THE ORANGE belongs to the *citrus* family, to which the citron, lime, shaddock, pomaloe, etc., belong. They are all characterized by varying quantities of citric acid, citrate of potash and sugar in their fleshy parts. The peeled fruit contains about 86% of water, 8 to 10% of sugar, and small quantities of citric acid, albumen, cellulose, etc. In buying oranges remember that the sweetest ones have rough, reddish skins, while those with a thin, light yellow skin, will be more juicy, but also more acid. They are not ripe when picked if they have a greenish tinge. Oil of neroli is obtained from orange flowers. The fruit is quite wholesome.



ORANGE.

PEAR MERINGUE.—Cook 8 canned pears in their syrup until clear and the syrup is thickened, then lay them in a glass dish, or one that may be sent to the table. Beat the whites of 3 eggs to a stiff froth with sugar, spread it over the pears and brown the top in the oven. Serve with cake—sponge cake is nice with it.

Other canned fruits can be prepared the same way, and many varieties produced.

PEAR FLUMMERY.—Line a dish with lady fingers, or any kind of stale, plain cake; pour on a thin boiled custard, and on this spread a layer of sliced and sugared pears; cover it with a frosting made of the whites of eggs beaten stiff with pulverized sugar. Serve at once.

Peach Flummery can be made the same way by using peaches instead of the pears.

Oranges, plums, bananas or other fresh fruits can also be used, thus producing various kinds of flummery.

Also any good jam, jelly, marmalade or fruit sauce can be used instead of the pears, and many varieties can thus be made.

PEACHES AND RICE.—Spread a layer of plain boiled rice on a platter, sprinkle sugar over it, on this put a layer of pared and sliced peaches, sprinkle sugar over the whole and serve with cream

PINEAPPLE PUDDING.—To 5 eggs add 1 grated pineapple, 1 cup sugar, 1 cup sweet milk and a little salt; boil until thick, in a double boiler, pour into a mold and set on ice till cold. Serve with whipped or our mock whipped cream.

PRUNE WHIP.—Take 2 cups prunes, sweeten to taste and stew; when cold add whites of 4 eggs, beaten stiff, stir all together till light, put in a dish and bake 20 minutes. Serve with cream.

Other *fruit whips* can be made the same way.

FRUIT PUFFS.—Take $\frac{1}{2}$ teacup of sugar, $\frac{1}{2}$ teacup of milk, 2 eggs, 2 teaspoons of baking powder, a saltspoon of salt, and flour to make a batter a trifle thicker than for griddle cakes; stir in a cup of seeded and chopped raisins or other fruit. Butter teacups and fill $\frac{1}{2}$ full of batter, set the cups in a steamer, put on the cover and steam 1 hour. This quantity will make 6 cups. Eat hot with orange pudding sauce.

QUINCE SNOW.—Take the whites of 2 eggs, $\frac{1}{2}$ cup sugar, and 5 oz. of quince marmalade; put it in a dish shaped like a pyramid, and bake it a light yellow. Use other marmalades the same way, and so produce many varieties.

SAGO WITH FRUIT.—Take 1 cup sago and soak it in half milk and water; then add 1 quart of boiling milk, stirring until it becomes thick, and let it cool. Put a layer of peaches, pears, strawberries, raspberries, bananas, pineapple, oranges, or any other fruit preferred, into a pudding dish, using a little sugar if needed; then put on a layer of sago; then another of fruit, and so on until the dish is full. Set it on ice; serve with sweetened cream.

Sago is a starch obtained mainly from the pith of the sago palm. A single tree is said to yield 500 to 600 lbs. of sago. It is mainly starch, is easily digested and so is adapted to invalids, but is not very nutritious. *Portland sago*, or *Portland arrowroot* is a starch obtained from the tubers of a species of arum.

STRAWBERRY FOAM.—Take 1 quart strawberries, crush, sprinkle on $\frac{1}{2}$ cup sugar and set in a cool place till serving time. Beat 2 eggs stiff, add 2 tablespoons sugar, stir into the crushed strawberries and serve, decorated with large ripe berries.

Raspberries and other fruits can be used the same way, thus producing several varieties.

TAPIOCA WITH FRUIT.—Pick over and wash $\frac{1}{2}$ cup pearl tapioca; put it in 3 cups boiling water and cook 1 hour, or till soft and



SAGO PALM.

transparent, stirring often; add 1 scant teaspoon of salt, $\frac{1}{3}$ cup sugar, and $\frac{1}{2}$ cup currant jelly; stir till the jelly is all dissolved, pour into a mold, and serve very cold with sugar and cream. Instead of the jelly, $\frac{1}{2}$ cup lemon juice, or any acid fruit jelly may be used; or use 1 cup canned apricot, peach or quince.

In their season 2 cups of ripe *strawberries*, *raspberries*, *blackberries*, *chopped peaches*, *pears*, or other fruits can be used instead of the jelly, adding more sugar. These make delicious summer desserts.

TURON.—Whip the whites of 4 eggs to a stiff froth; chop 7 oz. of almonds, and sprinkle by degrees into the egg; work in sufficient sugar to make a flexible paste, stirring well the whole time. Flavor with lemon essence, and put into a mold.

This recipe may be varied by using *chestnuts*, *walnuts* or *peanuts* instead of the almonds, thus producing several varieties.

FRUIT TRIFLE.—Beat the whites of 4 eggs to a stiff froth; add 2 tablespoons of sugar, and the same of raspberry jam and currant jelly. Eat with sponge cake, and it is delicious.

MOCK STRAWBERRIES.—Peel and cut rhubarb in small pieces and boil until tender; drain, and add 4 tablespoons of strawberry juice to each pound of rhubarb; add enough molasses to sweeten and color a pale pink. Serve as cold as possible. (2) Another dessert may be made by putting slices of sponge cake in a dish; prepare the fruit as above, and while warm pour it over the cake; when cold cover the top with custard or whipped cream.

Mock Raspberries may be made the same way, using raspberry instead of strawberry juice.

As rhubarb possesses the property of absorbing the taste of other fruits it can be made to taste exactly like them by being mixed with them and allowed to stand for a time. *Pumpkin* will absorb the taste of other fruits in the same way.

Mock Strawberries No. 2.—Use 1 part apples to 3 parts peaches; select choice, ripe fruit, and pare, core, and cut it into dice about as large as strawberries; put them in a dish in alternate layers, spread on sugar thickly, and spread crushed ice on top; let stand 2 or 3 hours, and then thoroughly mix them together; serve after they have stood some time longer.

TUTTI FRUTTI.—Prepare a cocoanut by opening the 2 eyes and letting out the milk which must be strained and kept; break the nut with a hatchet, or saw it in two, take out the meat, peel off the brown skin and grate. Cut 2 bananas in quarters lengthwise, and then cut

in slices. Have ready a chopped pineapple, a pint of strawberries or raspberries, and the grated rind and juice of 1 lemon and 1 orange. Put a layer of the fruits and cocoanut in the bottom of a glass dish, then a layer of granulated sugar, then another layer of fruit and cocoanut and so on until the dish is full. Pour over all, the milk of the cocoanut and the juice of the lemon and orange. Dip from the bottom when serving.

FRUIT ON TOAST.—Choose good apricots, halve them, remove the stones, put each half on a nice piece of bread, having the hollow side up, and arrange them in a well buttered dish; put a little butter in the hollow of each piece of fruit, sprinkle on sugar, and bake in a moderate oven about 25 or 30 minutes. When done, put them in a dish, pour over them the syrup from the baking dish, and serve hot. Peaches, pears, bananas and large plums can be treated in the same way.

ADDITIONAL FRUIT DESSERTS.—There are no more delicious or acceptable desserts than those made from fruits in their season. In addition to the recipes for fruit desserts given above we would refer our readers to such recipes as those for "Fruit Ice Cream," "Nesselrode Pudding," "Iced Strawberry Pudding," "Frozen Fruit," "Fruit Molds," and several others in our chapter on "Ice Cream, Water Ices, etc."

Also, in the chapter on "Home Candy Making," see such recipes as those for "Fruit Creams," "Cream Coated Fruits," "Cream Walnuts, Dates Figs, Cherries, etc.," "Glaces" "Crystallized Cherries," "Crystallized Nuts," "Frosted, Iced or Crystallized Fruits," and some others.

Many delicious fruit desserts will also be found in the articles on "Cooked Fruits," and "Compotes" (which see), and in the chapter on "Puddings," and several in the following section on "Gelatine Preparations." By using these, in addition to the recipes given above, a very extensive list of fruit desserts will be found.

GELATINE PREPARATIONS.

TAKE NOTICE.—A tablespoonful of gelatine weighs about $\frac{1}{4}$ ounce.

To prepare gelatine first soak it in a small quantity of cold water, and then add hot water to dissolve it; or it may be placed in the required amount of cold water and set on the back of the range where it will heat and dissolve gradually. About 1 to $1\frac{1}{2}$ cups of cold water to the ounce of gelatine is the right proportion.

Remember that gelatine should not boil, and never needs cooking. It is a good plan to strain it, after it is dissolved, through a fine strainer.

Gelatine can be used most satisfactorily in jellies, blanc mange, creams and ices. Never use more than will suffice to make a jelly strong enough to retain its form when turned out of the mold. More is needed in summer than in winter, a scant ounce being sufficient in summer for 1 pint of liquid, while a little over $\frac{1}{2}$ ounce will do in winter—this being the rule for jellies, while creams require a little less. It is best to set them on ice, when possible, as soon as they are ready.

Molds should be buttered or oiled to facilitate taking the jellies from them; or they may be wet with cold water before filling. If jellies stick to the molds, set them for a moment in hot water, and they can be easily removed.

Gelatine is prepared from the skin and bones of animals. It requires a careful selection of materials and cleanly preparation, to obtain a wholesome product. The use of white of egg to clarify the jelly is not needed now, as was formerly the case, because the gelatine is clarified during the process of manufacture.

The changes of opinion regarding the nutritive value of gelatine are interesting. In the 18th century gelatine was considered the most nourishing constituent of meat. About the middle of the 19th century the French Academy of Science made a special investigation of the subject, and as a result a complete change of opinion took place. It was shown that gelatine alone could not sustain life, a reaction occurred, and very mistakenly all food value was denied it. Further experiments, however, have put it in its right place, and it is now admitted that while it cannot sustain life alone, it has some value as food, but it must hold a subordinate place, and it is only valuable when eaten with other things which supply the elements which it lacks. It has some slight value in convalescence, although very much less than many people imagine. When pure it is tasteless and devoid of flavor.

ISINGLASS.—This was formerly obtained from the swimming bladder of the sturgeon and came from Russia, but now it is obtained from many other fish and comes from South America, the East Indies, Canada, etc. The best is almost colorless, is free from fish odor, taste and smell, and dissolves freely in any warm liquid.

Chemically there is little difference between isinglass and gelatine, and what we say about the nourishing properties of gelatine applies equally to isinglass. **Tests:** A little pure isinglass put into cold water swells, and becomes soft, white and opaque, while gelatine will become transparent and glass-like. In hot water isinglass dissolves with little or no residuum, while gelatine leaves a considerable deposit. In vinegar, isinglass swells into a jelly and all trace of its structure is soon destroyed, while gelatine hardens and retains its form. These are the best tests for distinguishing between them.

Jelly of Different Colors.—This can be prepared by having jelly of the desired colors prepared separately; then put a little of one in a mold and let it cool; then pour in a little of the other and let that cool, and so on, allowing each layer to set before putting in the next. Blanc mange and jelly can be combined thus very prettily.

ALMOND BLANC MANGE.—Put an ounce of gelatine to soak in a teacup of cold water; set on the stove where it will heat gradually and dissolve. Blanch 24 sweet almonds, and pound them in a mortar; mix with 1 pint of milk and 1 pint of cream, scald the mixture in a double boiler, or tin pail set in a kettle of boiling water; sweeten to taste, add the dissolved gelatine, stir thoroughly, and pour into a mold to set.

BANANAS IN JELLY.—Prepare the gelatine, sweeten it, and when cool put a layer of sliced bananas and oranges in the bottom of a prepared mold or glass dish, then pour on a little of the gelatine, let it set, and then put in another layer of fruit, and so on alternately until the dish is full; set on ice till ready to serve. Bananas and strawberries can be used the same way. For a variety, soak the gelatine in cold water, and then dissolve it in hot lemonade; then use it with the fruit as above.

APPLES IN JELLY.—Choose tart, medium sized apples, pare, core, and simmer them till tender; skim out the apples but retain the liquor they were cooked in and to it add 1 cup sugar for each pound of fruit; boil, skim, put in the apples (keeping them whole) and cook till they are clear. Slice lemons, remove the seeds, and cook them with the apples, using 1 lemon for each $\frac{1}{2}$ doz. apples. Skim out the apples, put them in the dish in which they are to be served, and on each one put a slice of lemon. Into the syrup pour gelatine, which have previously dissolved and ready, (using about 1 oz. of gelatine for 6 or 8 apples); stir till cool, strain it over the fruit, set away to cool, and serve with cream.

CHOCOLATE CHARLOTTE RUSSE.—Cover 1 ounce of gelatine with cold water, shave 3 ounces of Baker's prepared cocoa, and mix it with 1 pint of sweet cream and the gelatine. Put it in a porcelain kettle over a slow fire, and stir it until it boils and is well mixed. Beat the yolks of 8 eggs and whites of 4 together until very light; then stir them in the mixture, with $\frac{1}{2}$ lb. of white sugar; simmer it over the fire but do not let it boil; pour it in a bowl and whip it to a strong froth. Having lined your pans or molds with sponge cake fill them with the mixture and set them on ice, or in a cool place.

CHARLOTTE RUSSE. (*Without eggs*).—Soak 2 tablespoons of gelatine in a little cold milk 2 hours. Take 2 coffee-cups cream, 1 teacup milk; whip the cream stiff in a large bowl; set on ice. Boil the milk and pour gradually over the gelatine until dissolved, then strain; when nearly cold add the whipped cream, a spoonful at a time. Sweeten with pulverized sugar, and flavor with vanilla. Line a dish with lady-fingers or sponge-cake; pour in the cream and set in a cool place to harden.

CALF'S FOOT JELLY.—Boil 2 calves' feet in 4 quarts of water until it is reduced to 1 quart; strain, let it get cold, and take off the fat; then add the well-beaten whites of 7 eggs, the juice of 4 lemons, and 1 cup of sugar; mix thoroughly and boil, with constant stirring, for about a minute, and stir through a bag of flannel.

CIDER JELLY.—Take 1½ oz. gelatine, the juice of 3 lemons and the grated rind of 1; add 2 cups cold water and let it stand 1 hour; then add 2½ lbs. loaf sugar, 3 pints boiling water, and 1 pint boiled cider; put into molds, and set in a cool place.

COFFEE JELLY.—Take 2 cups sugar, 2 cups strong coffee, 3 cups boiling water, and 1 box gelatine. Soak the gelatine in cold water, then put the boiling water on it; then stir the coffee and sugar in it, and place in molds. Eat it with whipped cream. Whipped cream piled around it makes it a very elegant dish.

ENGLISH CREAM JELLY.—Mix 8 beaten egg yolks with 10 spoonfuls of sugar and 1 of good vanilla flavoring. Stir this into 1 quart of milk, and stir over the fire till it thickens. Strain, and stir occasionally till cool. Having soaked 2 ounces gelatine in a pint of cold water, add to it 1 pint of boiling water, and, when dissolved and smooth, strain into the cream and put into wet molds.

For **Chocolate Cream** proceed as above, omitting the vanilla, and adding ½ lb. of melted chocolate. Cooled in layers, with yellow cream, it makes a very handsome dish.

GOOSEBERRY CREAM.—Take off the tops and stalks from ½ cup of gooseberries, and stew them in 1 plump half cup of sugar in ½ cup of water; then pulp through a sieve. Melt 1 oz. gelatine in ½ cup of milk. Whip 1 cup of cream well and stir lightly in with the pulp; add the gelatine and milk, and stir till nearly cold. Put into a mold and cool.

LEMON GELATINE.—Use ½ box of gelatine covered with 1 cup of cold water; let stand ½ hour; add 3 cups boiling water, 2 cups of sugar and the juice of 2 lemons; let stand until all is dissolved, strain and put in a mold.

LEMON CREAM.—Take the juice of 4 lemons, strain, and add 1½ cups sugar; dissolve ½ box of gelatine, and add that and the strained lemon juice to 3 cups of cream whipped till stiff. Pour into a mold, set on ice, and serve cold.

COCOANUT CREAM.—In 1 cup of milk dissolve ¾ box of gelatine; strain, and when cool add 1 cup sugar, 2 cups of either desiccated or fresh grated cocoanut, and 2 cups of cream whipped until stiff; then put it in a mold and set it on the ice.

LEMON JELLY.—Place ½ box gelatine in a pint of cold water, and set it on the stove where it will heat and dissolve gradually. When dissolved, add another pint of hot water, and sugar and lemon juice to taste—about 2 lemons, if small, will suit the taste of most people, but the more lemon juice, the more sugar. Make it a day before using, and set in the ice-chest to harden; serve with thick whipped cream, or our mock whipped cream, given among the fillings for layer cakes.

LEMON JELLY AND CREAM.—Place a mold of vanilla cream on the dish in which it is to be sent to the table; cut another mold of lemon jelly in pieces, or break it with a spoon to a quivering mass, for a garnish. Serve a portion of each to a person; the combined flavor is delicious.

LEMON WHIP.—Cover ¼ box of gelatine with 4 tablespoons of cold water; let stand ½ hour and add 1 cup of boiling water, ½ cup sugar, the juice of 1 small lemon and 1 teaspoon of vanilla; stir until the sugar is dissolved, and set in a cold place to stiffen. When congealed, but not really hard, add the unbeaten whites of 2 eggs, and beat all to a stiff white froth. Turn into a pudding mold and set aside several hours to harden. Serve with vanilla sauce made from the yolks of the eggs and 2 cups of milk with vanilla flavoring.

GELATINE FROZEN PUDDING.—Soak ¾ box gelatine in 2 cups cold water for ½ hour; pour on 1 cup of boiling water, and stir till it is all dissolved. Set away to cool until it begins to jelly, then stir in 2 oranges cut in small pieces, 2 bananas sliced, 12 English walnuts, 6 figs. Eat with whipped, or mock whipped cream, or soft custard. It will keep on ice for several days. One-half this will be enough for 5 or 6 persons.

MOCK ICE.—Rub 3 tablespoons of some good preserve through a sieve with enough milk to fill a quart mold. Dissolve ¾ oz. of gelatine in 1 cup milk, mix well with the above, put it in a mold, set in a cool place and turn out the next day.

MACEDONIAN JELLY.—Put 2 ounces of gelatine in 3 pints of cold water and place it on the stove, where it will heat gradually and dissolve. Add to the hot gelatine the strained juice of 2 lemons, and sugar to taste. Cool a little of the jelly in a mold by setting it on ice; when solid, add a layer of nicely-washed Zante currants, seeded raisins, and stoned dates, then cover the fruit with more of the warm jelly; harden again on the ice, and repeat the process until the mold is full. Fresh grated or desiccated cocoanut may be used instead of fruit if preferred.

ORANGE DESSERT.—Dissolve $\frac{1}{2}$ box of gelatine in 2 cups cold water; add 2 cups boiling water, 2 cups sugar and the juice and pulp of 1 lemon. Slice 8 oranges, put them in a dish, and pour the mixture over them. Keep in a cool place till ready to serve.

Other Fruits can be prepared with gelatine in the same way.

ORANGE CREAM.—In 2 cups of water dissolve 1 oz. of gelatine; strain it, and add $1\frac{1}{2}$ cups sugar, the juice of 1 lemon, the juice of 3 oranges, with the grated rind of 1 orange, and the well-beaten yolks of 4 eggs. Put it over a gentle fire, stir until it just boils (no more), pour it into a mold, and set it in a cool place.

ORANGE JELLY.—For delicious orange jelly, which does not require boiling, take 4 good-sized oranges, grate the rind of 2 and use the juice and pulp of 2 lemons; take $\frac{1}{2}$ box of gelatine, and soak it in 1 cup of cold water; sweeten to suit the taste, and put with the juice of the fruit, and add $\frac{2}{3}$ of a pint of boiling water. Strain into molds.

ORANGE JELLY (French).—Swell 2 oz. of gelatine in 2 quarts of cold water, with 12 spoonfuls of sugar, and the whites of 2 eggs beaten to a froth; strain through a wet napkin into an earthen dish; add the rind of 4 very fair oranges, pared very thin; cover, and partly cool; add the juice of 8 oranges and 2 lemons; strain, and mix with the other ingredients. A few drops of yellow coloring is an improvement. It is then ready for cooling.

PEACH CREAM.—Cut a can of peaches into very small pieces; dissolve $\frac{1}{2}$ a box of gelatine by heating it slowly, on the back of the range, in a coffee-cup of cold water; then mix the fruit and gelatine, and when partly cooled, beat a pint of sweet cream until stiff; add sugar to taste. Mix all together and pour into a mold to harden.

PINEAPPLE CREAM.—Peel and shred a pineapple, add $\frac{2}{3}$ cup of powdered sugar and the juice of a lemon; beat till stiff 1 cup sweet

cream; dissolve 1 oz. isinglass in a little hot water; mix all together lightly and pour into a mold; serve cold.

PINEAPPLE JELLY.—(1) Slice pineapple thinly, sprinkle it with sugar, and let stand 2 or 3 hours; make a stiff jelly with gelatine and when cool enough to begin to thicken put a layer of the pineapple in a glass dish, cover it with the jelly and when it sets add more fruit, and so on alternately until the dish is full; then set on ice. Serve with whipped cream or our mock whipped cream. (2) For a variety alternate layers of pineapple and sliced orange can be used, sprinkling on lemon juice and sugar; serve cold without cream.

PRUNE JELLY.—Soak 1 lb. of prunes in 1 quart of water 3 hours; drain them, and strain the water in which you soaked them; put it on the range, with 1 lb. of sugar, and let it boil $\frac{1}{2}$ hour. Remove the stones from the prunes and put them into the boiling syrup, and boil it up again; have $\frac{1}{2}$ box gelatine which has been soaked in a little cold water and stir it into the boiling prunes. Pour into wet molds, and set to harden in a cold place. Serve with sugar and cream, or whipped cream, or our mock whipped cream. If desired for a variety the juice of 2 oranges and that of 2 lemons, with 2 tablespoons of sugar, can be added with the gelatine.

RICE CREAM.—Thicken a pint of new milk with rice flour to the consistency of cream; sweeten and flavor to taste. Beat the whites of 2 eggs to a stiff froth. Put $\frac{1}{2}$ ounce of gelatine in $\frac{1}{2}$ pint cold water; when well soaked place over the fire until the gelatine is dissolved. When cold beat to a froth with an egg-beater and mix with an egg. This is excellent for inflammation of the bowels.

RUSSIAN JELLY.—Dissolve 1 ounce of gelatine in $1\frac{1}{2}$ cups of cold water, by placing it over a moderate heat; when warm and thoroughly dissolved, add the juice of $\frac{1}{2}$ a lemon, and sugar to taste; stir all together until well mixed, and the sugar melted; flavor with extract of anise seed, strain, and when nearly cold beat to a froth with an egg-beater, then pour into a mold, and place in the ice-chest to harden. A little raspberry, or other fruit juice may be used for coloring, if preferred.

RUSSIAN CREAM.—*The Jelly.*—To 1 package of gelatine add 1 pint of cold water. When dissolved add 1 pint of hot water, 2 cups of sugar, juice of 6 lemons. Stir slowly until well dissolved, then strain into molds. *The Cream.*—Cover 1 package of gelatine with cold water. When dissolved add 1 cup of new milk, 1 cup sugar; heat to boiling point, stirring frequently; then set away to cool

Whip 1 quart of thick cream until light, beat the whites of 6 eggs, and add both to the mixture; when cool flavor with vanilla. Place the *jelly* in the bottom of the molds, and when stiff and cold add the cream; turn out of the mold and serve in slices.

STRAWBERRY JELLY.—Mash a quart of strawberries, add a coffee-cup of water, and let them stand where they will become hot, but not boil, while $\frac{1}{2}$ a box of gelatine, in a pint of cold water, is gradually dissolving and heating, on the back of the range. Strain the strawberry juice into the gelatine, and add sugar to taste; place it in a mold to harden in the refrigerator. The juice of half a lemon can be added if desired, and it can be served plain, or with whipped cream alone, or with whipped cream and sponge cake.

The juice of other berries can be used instead, such as currants, raspberries, etc., and so varieties can be made.

SPANISH CREAM.—Put $\frac{1}{3}$ of a box of gelatine in $1\frac{1}{2}$ pints of milk and soak $1\frac{1}{2}$ hours; then simmer slowly, and add the yolks of 3 eggs beaten with 1 cup sugar; add a pinch of salt and any flavoring desired. Let the mixture cool a little, and add the 3 well-beaten whites; turn in glasses or custard-cups, and serve cold.

SNOW PUDDING.—Use 1 pint water, 1 cup sugar, juice of 1 lemon, $\frac{1}{2}$ package of gelatine; dissolve and strain into cups or molds, enough for each person; let stand until partly cool. Beat the whites of 2 eggs stiff, and stir a portion into each cup with a fork; it will look exactly like snowflakes all over the pudding. With the yolks of the eggs make a thin custard for sauce. Put the molded pudding into sauce plates, and pour the custard around each when served. Good for Sunday dinner as it can be made Saturday and kept in a cool place, and is better than when first made.

VELVET CREAM.—Soak $\frac{1}{2}$ box gelatine in 1 cup warm water, adding the grated rind and juice of 2 lemons and two cups sugar; heat and stir till it dissolves, but do not let it boil; when nearly cold, but before it begins to stiffen, add the cream and beat thoroughly together until stiff; then pour into molds, and set on ice to harden. Half fill the molds first with nice strawberries, raspberries, or other fruits, if desired, for a variety.

VANILLA CREAM.—Soak 1 ounce of gelatine in cold water 1 hour, drain and dissolve in a little hot water. Thoroughly beat the whites of 6 eggs and beat in 1 quart of whipped cream, add sugar to sweeten, and flavor with $1\frac{1}{2}$ teaspoons of vanilla; then add the gelatine, beat until it begins to thicken and pour into molds. Serve very cold with cream.

ICE CREAM, WATER ICES AND SHERBETS.

ICE creams and ices can be easily prepared at home, and without much expense or labor. Many people do not realize how easily many wholesome and attractive dishes can be prepared in this way.

Cream.—Cream which is skimmed off of milk after it has stood 12 hours is called *single cream*; that which is taken off at the end of 24 hours is called *double cream*, and that taken off at the end of 36 hours is called *butter cream*. The best double cream, and which can all be whipped to a stiff froth, is obtained by letting “single cream” stand 12 hours, and then taking off the richer part. The best cream to use is “double cream,” the next best is “single cream.” If any milk is used it is apt to give the ice cream a mushy, snowy taste, because the water it contains will freeze into coarse crystals, and it melts quicker than when pure cream is used. *Gelatine* is sometimes, added to such cream to give it firmness and disguise the milk. There are many so called ice creams made with corn-starch, etc., without using any cream at all; of course real cream is superior to any substitute, but for economy’s sake the substitutes are often used. The more water and less cream used, the easier ices are frozen. When short of cream it is well to remember that to add a little, if not more than $\frac{1}{2}$ teacup, is always better than to use none.

Condensed Milk can be used by mixing it with scalded milk (1 can of condensed milk to $1\frac{1}{2}$ quarts of scalded milk) making it into a thick custard, and freezing it; flavor to taste, but rather highly.

Sugar.—Double refined or sifted white sugar is the best to use. See what we say about eggs in the introduction to our article on “Cake.” Ice cream should seem quite sweet before freezing, as when frozen it seems less so.

Arrowroot, etc.—A little arrowroot added to the plainer creams gives them a smooth consistency, but the best creams are made without it. Arrowroot is more delicate and better to use than corn-starch or flour in creams.

Ice.—The best ice to use is snowy ice which is full of air-holes, and is readily penetrated by the salt. The ice is most readily broken up by putting it in a coarse bag or coffee-sack, and pounding it with

an ax or wooden mallet until it is broken into pieces about as large as walnuts. The finer it is broken the faster it melts. Snow makes an excellent substitute for ice, and in winter can readily be used. Pack it firmly into the freezer, add enough water to make it into a thick mush, and then put in the salt. The proportion is about 2 to 3 parts snow or ice, to 1 part salt. It is not necessary to draw off the water as fast as the ice melts, but wait until it floats the ice.

Salt.—The best salt to use is Turk's Island salt; rock salt is next. For the first freezing have it coarsely ground, and have it in small lumps for the "packing down" after the freezing is done. Fine table salt melts the ice too rapidly and is not suitable. When through with a freezer, any salt left in it may be drained, dried, and used again.

Canned fruits, etc., when used in creams, should be opened an hour before using, and turned into a pitcher to aerate; this improves their flavor very much.

For extracting lemon juice a glass squeezer is best. If a metal one is used, do not let it stand a few minutes, and then use it again without washing, as the acid will attack the metal, and so taint the flavor.

Orange juice can be extracted, without any bitter flavor, by cutting the orange in two, removing the pulp with a teaspoon, and straining it through a piece of clean cheese cloth.

Flavoring.—Ice creams should seem quite highly flavored before being frozen, as after freezing they will seem less so.

The Freezer.—Buy a freezer larger than you actually need to hold the cream to be frozen. Cream is better if there is room allowed for air, and this is especially true of sherbets and water ices; besides this the cream expands $\frac{1}{4}$ to $\frac{1}{3}$ in freezing, so that it is better not to fill the can more than $\frac{1}{2}$ full. Less ice and salt are required in proportion to their contents by large than by small freezers.

When not in use, the can of a freezer should be kept uncovered. After being used it should be cleaned, scalded, and thoroughly dried before being put away.

Freezing the Cream.—Before beginning to freeze ice cream let it stand in the freezing-can, packed with ice, but covered only with gauze, until it is thoroughly chilled; if this is done it will freeze more readily and take less ice, and also, if not cooked, it is apt to become granular, or curdle, if the attempt is made to freeze it while warm or lukewarm.

There are many freezing-machines on the market which are nearly equal in value, and less ice is required by them than by an

open pail. Directions for using the different machines are furnished with them, and we advise those who can do so to get a good freezer of some kind. Those, however, who have no freezer can make ices by using a tin pail with a close cover, and setting it in a larger pail which holds the ice and salt. First, pack in solidly a layer of broken ice about 3 inches deep, then set in a pail containing the ice cream mixture, and pack the ice and salt around it; next sprinkle on a layer of salt, then about 3 times as much ice, distributing it evenly, and packing it down firmly, then more salt, and so on until the freezer is full, covering it over the top also, and then cover it all over with an old carpet or blanket. After letting it chill for about an hour, open up the can, scrape the frozen cream from the sides, and beat all together thoroughly until it is smooth; the quality of the cream depends on doing this thoroughly, then turn off the brine, put on fresh ice and salt, covering it over the top, lay on the carpet, and leave for 2 or 3 hours until frozen. The can holding the mixture should have a tight lid, so that not a drop of salt or brine can get into the cream.

A little ice cream for the use of an invalid can be put in a baking powder can or tin pail, packed in salt or ice for 10 minutes, then opened and stirred well, then let stand until the freezing is complete.

Do not allow ice cream or fruit ices to stand long in tin or copper vessels, certainly not when above the freezing point, for the melting cream will decompose and develop acetic acid, which will attack the metal, producing a poisonous compound.

Packing Down.—Newly-frozen ice cream is apt to be mushy, and lacks flavor and consistence, so that after being frozen it is best to pack it down and let it ripen 4 or 5 hours before it is served. In packing down ice cream which is to be kept some time, turn off the brine, pack in some coarser ice and salt, and cover with an old carpet or blanket wet in brine. Keep the carpet wet by rewetting it from time to time, as then much less ice is needed because the evaporation keeps it cold. As long as any ice lasts the temperature will not rise above the freezing point.

The principles involved in making ice cream are as follows: There are various freezing mixtures known and occasionally used, some of which we give elsewhere, but for our present purpose the ingredients almost universally relied on are ice and salt. All freezing mixtures have some solid substance which turns to a liquid, and in so doing it absorbs heat from the surrounding substances and so reduces their temperature, and this is the philosophical principle underlying the whole process. The ice is submitted to the action of the salt, which has a great affinity for it and melts it very rapidly, and the ice in turning to water withdraws heat rapidly from the various preparations of cream, etc., which are buried in it, and so reduces their temperature rapidly and freezes them. But from this it will be clear that the cream will not freeze until the ice around begins to melt. So also the smaller the pieces of ice the more readily the salt will act on them and melt them.

It is a mistake to think that the freezing needs to be done in a cool place. In a warm room the ice melts more rapidly, and so draws the heat more rapidly from the mixture submitted to its action; but if the cream is kept after being frozen, it should be in a cool place, of course.

The object of the continual stirring of the ice cream is to keep the ingredients from separating, and the heaviest of them from settling to the bottom, while any cream which washes up against the side of the can and freezes must be scraped off and mixed in with the balance of the contents. Unless the contents are thoroughly stirred before the freezing takes place the whole will be spoiled; either lumps will form, disfiguring and discoloring it, or the sugar will settle to the bottom, leaving the contents imperfectly sweetened.

It is a mistake to turn the dasher of a freezing machine rapidly, as that prevents the cream from being smooth; turn fast enough to accomplish the above objects, but that is all.

Molds.—Molds are prepared to form the cream into many fanciful shapes. If they are used, after freezing the ice cream press it into them firmly, so that there are no air spaces, have the cover firmly pressed down, wrap buttered paper around the joint, and bury them in ice and salt. When ready to serve them, wash off the brine, take off the cover, turn the mold on to a dish, and the ice cream will soon slip out if the room is warm. The molds are sometimes dipped in warm water to loosen the contents, but this is apt to melt the cream too much, and make it run down the sides and disfigure it.

If it is desired to use 2 colors, freeze them separately, fit a piece of card-board into the mold which is to be filled, pack in 1 kind of ice cream on each side, withdraw the card-board, and set the mold on ice.

Coloring Ices.—For coloring ices and creams, caramel can be used, or the amber color and some of the others mentioned under "Colorings for Frostings" (which see). Only vegetable colors should be used.

Simple Syrup can be made by putting 2 lbs. of the best lump sugar to 1 quart of water; stir occasionally till it dissolves, bring to a boil, take off any scum as it rises, draw to the side of the fire, and let it boil gently. If boiled too fast it troubles an inexperienced operator, as it will candy. Should this happen, add more water and boil again till the requisite strength is attained. Test it by letting a drop fall into a glass of cold water; if it retains its shape it will answer. When cold, bottle and keep for use. It will keep any length of time, and can be used for many purposes.

When too much syrup is present a mixture will not freeze readily. The remedy is to thin it with a proportionate quantity of liquid, according to the description of ice you are making.

PHILADELPHIA ICE CREAM.

Philadelphia ice creams, so-called, are those which are made without eggs (those made with eggs are called Neapolitan creams)

and many people prefer the Philadelphia creams to any others, as they have a light, snowy texture.

Methods of Making.—There are 2 ways of making ice cream—one is by cooking and the other is without cooking the cream and sugar. It is a little less work to make it without cooking, and the texture is white and snowy, but cooking not only prevents any tendency to curdling, but also gives the cream more richness and body. If the cream is cooked, put it in a double boiler, set it on the stove and stir often; take it off the stove when the water in the outer pan boils, add the flavors and sugar, stirring it till the sugar dissolves; let it stand a few minutes, strain, and put it into the freezing-can and freeze.

If uncooked cream is used, it is a good plan to whip a part of it, chill it, and stir it in just as the freezing cream is beginning to set.

The cooked cream is rich and solid; the uncooked is snowy and lighter in color, and when part of the cream is whipped it is very white and delicate, and suitable to put in molds to decorate the table.

PHILADELPHIA ICE CREAM No. 1.—Take 1 quart of rich cream, 1 heaping cup (which equals $\frac{1}{2}$ lb.) of sugar, and flavor to taste. This makes the simplest form of ice cream, and these materials form the basis, and the above are the standard proportions for all the best Philadelphia ice creams.

We give 1 or 2 other recipes for Philadelphia ice cream which are sometimes used.

PHILADELPHIA ICE CREAM No. 2.—Mix together 2 quarts of thick cream and 1 pint of milk and $\frac{1}{2}$ lb. of sugar; dissolve 1 tablespoon of soda in 4 tablespoons of hot water, cool it, and add to the cream just before freezing. Flavor to suit the taste.

PHILADELPHIA ICE CREAM No. 3.—Heat 3 cups of fresh milk, and when it comes to the scalding-point have ready 2 tablespoons of arrowroot dissolved in a little cold milk and add it; when of the consistency of cream, remove from the fire and cool, stirring frequently to prevent lumping; add this custard to $1\frac{1}{2}$ quarts of well-whipped cream, and $1\frac{1}{2}$ cups sugar; flavor to taste and freeze.

NEAPOLITAN ICE CREAM.

Method of Making.—To make cooked Neapolitan cream, proceed as follows: Beat the yolks of eggs, add the sugar, and beat again; then stir in the well-beaten whites and mix all into the cream. Cook it over a good fire, in a double boiler, with continual stirring, until a knife-blade dipped into it will be slightly coated without its running, but do not let it curdle; then remove from the fire, strain, let stand until cold, and put into the freezing-can. This method is best suited

for caramel, chocolate, coffee, vanilla and nut ice creams. Should the custard curdle while being cooked do not throw it away, as if well frozen, it will come out smooth.

There is a simple rule with regard to the use of sugar in these creams which it will be convenient to know. Use $\frac{1}{2}$ lb. (or 1 heaping cup) of sugar to sweeten each quart of cream; 2 quarts of cream would therefore require 1 lb. (or 2 cups) of sugar, and so on. Anywhere from 1 to 6 eggs are used for each quart of cream, and more sugar is required to sweeten eggs than cream, the rule being $\frac{1}{2}$ lb. of sugar to every 12 eggs—as the number of eggs vary, alter the amount of sugar to correspond; thus 1 quart of cream and 6 eggs would require $\frac{3}{4}$ lb. of sugar, and so on.

NEAPOLITAN ICE CREAM No. 1.—Take 6 eggs, 1 quart of cream, $\frac{3}{4}$ lb. of sugar; flavor to taste and prepare it as directed in the above paragraph. This is the standard formula for the best Neapolitan cream made by confectioners. Various flavors are used, as vanilla, coffee, chocolate and caramel, and nuts may also be introduced, like filberts, almonds, etc., and such fruits as apricot, cherry and peach, thus giving variety to the cream.

While the above is the standard formula, used by first class confectioners, and it makes the richest and best cream, many other combinations are used, and the cooking is often dispensed with. We give 2 or 3 sample recipes.

NEAPOLITAN ICE CREAM No. 2.—Take 1 pint of milk, the yolks of 2 eggs, 6 oz. of sugar, and 1 tablespoon of arrowroot; scald until it thickens. When it is cool add 1 pint of whipped cream and the whites of the 2 eggs beaten to a stiff froth; flavor to taste, and freeze.

NEAPOLITAN ICE CREAM No. 3.—Take 1 quart of rich milk or milk and cream, 4 eggs and 4 tablespoons of sugar; beat the eggs and sugar together, stir it into the milk or cream, cool, flavor and freeze.

NEAPOLITAN ICE CREAM No. 4.—(Picnic ice cream.) Take 3 pints of milk, 1 pint cream, $1\frac{1}{2}$ cups sugar, whites of 3 eggs beaten to a stiff froth; flavor and freeze without cooking. It can be made and served in 1 hour.

VARIOUS FLAVORED ICE CREAMS.

Variety in ice creams is produced mainly by varying the flavors. One of the recipes which we have given for either the Philadelphia or Neapolitan ice creams can be used as the basis, and by using

different flavors an endless variety of creams can be produced. We give directions following for making many of the best and most popular of the flavors in use. All that is needed is to prepare the ice cream by one of the recipes which we have previously given, and flavor it with any desired flavor, according to the directions given.

ALMOND ICE CREAM.—After blanching the almonds pound them to a paste, adding a little rose-water to prevent their oiling; then add it to any of the above ice creams for flavor. Use about 3 oz. almonds to the quart of ice cream. Another flavor is produced by blanching the almonds, roasting them in the oven to a golden brown, and pounding to a smooth paste in a mortar with a little sugar and cream.

BURNT ALMOND ICE CREAM.—Put 3 tablespoons of sugar over a hot fire, in a porcelain kettle, add 4 oz. almonds, and heat till the almonds brown, stirring constantly. Then pound fine in a mortar and sift through a fine strainer. Use this to flavor any of the ice creams previously given, using 4 oz. almonds to 1 quart of cream. A pleasant combination is produced by fitting card-board into a mold and filling with almond ice cream on one side, and orange ice cream on the other. Then withdraw the card-board and pack the mold in ice 2 hours, or till ready to serve.

BAKED APPLE ICE CREAM.—Use 6 good sized sweet apples to 1 quart of ice cream; bake the apples, pass them through a sieve, sweeten, stir it in the cream, and freeze.

BANANA ICE CREAM.—Put 3 cups milk into a double boiler and bring to a boil; then add 1 heaping cup of sugar and thicken with 1 tablespoon of arrowroot dissolved in cold milk; when it forms a thick custard take from the stove and cool; when cold, add 1 pint of cream and 6 thinly sliced bananas, and freeze.

BISQUE ICE CREAM.—This is cream to which something is added to give it roughness, like nuts or powdered macaroons: Dissolve 1 cup sugar in $1\frac{1}{2}$ quarts of cream; add $\frac{1}{2}$ cup caramel and $\frac{1}{2}$ cup hickory-nut meats, chopped fine; then freeze. Other combinations can be used.

CARAMEL ICE CREAM.—Use about 3 tablespoons of caramel for each quart of ice cream. See our directions for making caramel in our article on "Colors for Frostings, etc." in the chapter on "Cake." A little less sugar will be needed when caramel is used. This is highly esteemed by many persons.

CHOCOLATE ICE CREAM.—Use about 4 to 5 ounces of chocolate to the quart of ice cream. It should be rubbed smooth in a little milk. A little vanilla is also added often, and a little cinnamon gives it spicy flavor; steep the cinnamon in warm water, and use the clear liquid for flavoring. Or for variety, a little caramel can be used instead of the cinnamon flavor. That makes a *chocolate caramel* ice cream, and many people like it.

COFFEE ICE CREAM.—Use about 4 tablespoons of very strong coffee to each quart of ice cream. If preferred, ground coffee can be boiled with the milk. A little arrowroot is sometimes added with coffee cream.

Tea Ice Cream.—Strong tea can also be used for a flavor the same as coffee.

FRUIT ICE CREAM.—Soft fruit, like raspberries or strawberries, should be mashed, sweetened, strained through a colander or not, as preferred, and stirred into the ice cream when partly frozen. Firm fleshed fruit, like peach, apricot, plum, etc., should be cut into small pieces, sugar added, allowed to stand until the sugar is dissolved, and then stirred into the cream when it is partly frozen.

Preserved Fruit and Jams can be used instead of fresh fruit for ice cream. For water ices fresh fruits should always be used. If the juice or fruits are deficient in flavor add lemon juice.

FRUIT JUICE ICE CREAM.—Mix any desired fruit juice with sugar to form a clear syrup, and then beat it into the ice cream after it is frozen, or stir it in after beginning the freezing. Fruit juice should never be cooked with the cream or milk. Use 1 cup of the prepared juice to 1 quart of cream.

GELATINE IN ICE CREAMS.—Use $\frac{1}{2}$ oz. of gelatine to 2 quarts of custard, (soaking it in a little cold milk) and dissolve it in the boiling custard just before taking it off the stove. The gelatine should be disguised by high flavoring; it is used to help the molding of thin creams.

LEMON ICE CREAM.—Grate the rind of 1 lemon into $1\frac{1}{2}$ cups of sugar which will extract the volatile oil; then add the juice of the lemon and stir it in 1 quart of cream; strain and freeze at once or the acid will turn the cream. Or lemon extract can be used to flavor one of our recipes for Philadelphia ice cream.

MACAROON AND BROWN BREAD ICE CREAM.—Dry the brown bread, pound or crumble it, sift it through a sieve, and beat it into the ice cream when partly frozen.

Macaroons can be roasted to a bright brown, crushed, sifted and stirred in in the same way.

NUT ICE CREAM.—Take walnuts, hazel-nuts, or similar nuts, chop fine, and stir them into the ice cream when it is partly frozen. Or they may be pounded in a mortar to a fine paste and then used.

ORANGE ICE CREAM.—Use oranges same as directed for lemon ice cream.

PINEAPPLE ICE CREAM.—To each quart of ice cream allow 1 large pineapple; pare, slice, cut it very fine, lay it in a deep dish and sprinkle with sugar; cover the dish, and let it stand 2 or 3 hours; then strain through a sieve, mashing and pressing out all the juice; stir it gradually into the cream, beating well. A few slices of pineapple can be retained unsugared, if desired, then cut into dice and when the cream is partly frozen stir them in.

PISTACHIO ICE CREAM.—Use $\frac{1}{2}$ cup pistachio-nuts to 1 quart of cream; blanch the nuts, put them in a mortar and pound to a fine paste, adding a little rose-water, and a little sugar and cream; then add it to the ice cream. As pistachio-nuts are costly, almonds make a good substitute for them.

TUTTI FRUTTI ICE CREAM.—This is an Italian name meaning simply "all fruits." Any kind of candied or crystallized fruit can be chopped fine and stirred into the ice cream when it is partly frozen; or home-made preserves, with the syrup drained out, and chopped up, can be used. Mix any kinds of fruit you have, or desire to use to get a good effect, as pineapples, plums, pears, cherries, etc.

VANILLA ICE CREAM.—Use 1 tablespoon of vanilla extract, or $\frac{3}{4}$ ounce of vanilla sugar to each quart of ice cream. For making vanilla sugar see the introduction to "Cake." It should be introduced while the cream is cooking, and fully dissolved. This is one of the most popular creams.

MACEZOINES.—These are formed by mixing 2 or more fruits. Those should be selected whose flavors harmonize, as strawberry and lemon; orange and apple; apricot and peach; pineapple and orange; grape and plum, etc. Prepare and stir the fruit into the ice cream when it is partly frozen, as directed above for "Fruit Ice Cream."

NESSELRODE PUDDING.—Scald in a double boiler, 1 quart of rich milk—the more cream it has the better; then add yolks of 4 eggs and 1 cup sugar beaten to a cream, and 2 cups chestnuts which

have been shelled, blanched, boiled 30 minutes, and mashed to a pulp; strain, put it into the freezer, and when partly frozen stir in 2 cups of any fruit liked—berries, stoned cherries, currants or peaches—and finish freezing; it should stand 2 or 3 hours before serving, to ripen.

ICED STRAWBERRY PUDDING.—Boil 2 heaping cups of sugar and 2 cups water together for 30 minutes, watching carefully that it does not get too thick. Beat the yolks of 6 eggs very light, and add to the boiling syrup; stir a moment over the fire, then turn into a large bowl, and beat continually until cold and thick like a sponge-cake batter; then add 1 pint of strawberry juice and freeze. Other fruit juices can be used instead of strawberry if desired, and so produce varieties.

MOUSSE.—This is a French word meaning moss, and is applied to cream so frozen as to give it a mossy look. Make it as follows: In 1 cup cold water soak $\frac{1}{4}$ box gelatine, and then set it over hot water to dissolve; whip 2 cups of cream, turn it into a basin, add the gelatine and $\frac{2}{3}$ cup of powdered sugar; add the flavoring, and stir carefully from the bottom towards the top until it begins to stiffen; have a mold ready, wet with cold water, turn in the mousse, lay on a piece of greased writing paper, turned greased side up, fit on the cover tightly, and pack in ice and salt 1 hour. Or it can be put into a freezer and frozen until it begins to thicken, then put in the molds, and packed in salt and ice. Flavor it with vanilla, or any flavoring desired, and also stir finely-chopped fruit in it if desired, the same as in ice cream.

FROZEN FRUIT.—Cut firm-fleshed fruits like peaches, pineapples, apples, etc., into dice; grapes, plums, etc., should be stoned and chopped, but strawberries and raspberries need not be crushed. Add sugar to sweeten, and when that is dissolved put them in the freezer and freeze. If desired, a little whipped cream can be added when they are partly frozen, but they are delicious without it.

FRUIT MOLDS.—Take molds, line them with ice cream, and into the center put any fruit liked, cut into dice; or fill with berries, if preferred; put ice cream over all, press down the cover, and pack in ice and salt. Chill the fruit thus, but do not freeze it.

WATER ICES AND SHERBETS.

Water ices and sherbets (sherbet means a drink) are all composed of the juice of fruit, sugar and water. They vary much in richness from the ordinary lemonade which has been frozen, up to

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those composed of equal parts of sugar and pure fruit juice. They have been less popular than ice cream because they not only become soft and spongy and melt soon on exposure to the air, but as ordinarily made they are often lumpy, have a gritty taste, and a texture like a stiffened compound of flavored water and snow. If the following method is pursued they can be made much like ice cream in texture, being firm, smooth and delicious.

Method of Making Water Ices and Sherbets.—Cook the water and sugar to a clear syrup in a double boiler, take off the scum, strain it (using fine muslin cloth for the strainer), and let it cool; then add the other materials (fruit juice, etc.) and put all into the freezer, pack in the ice and salt, and freeze it. It will take rather longer to freeze than ice cream, but slowly turn the crank until the contents become stiff; then the can should be opened, the sides scraped down, and all stirred till smooth; the beaten white of 1 egg, with 1 teaspoon of pulverized sugar beaten with it, should then be added, and worked in till smooth. This amount of egg and sugar will be sufficient for 4 quarts of sherbet. Then let the brine off, pack again with ice and salt, and let stand 2 or 3 hours to ripen, covered with a carpet wet in brine, keeping it wet. Then open it, beat again and again pack down. *Fruit jellies*, when used should be melted very carefully in water, then cooled, and frozen as just explained.

If the granular kind of ices are preferred, the cooking should be omitted, the ingredients mixed and then frozen; also omit the beaten egg and sugar added last, as above directed, for finish. Some people dissolve a little gelatine and add it to water ices, as it makes them smooth.

In preparing water ices remember that too much sugar prevents freezing, and too little makes them brittle.

Ices are not considered very wholesome. They should not be taken at once after violent exercise, nor while very warm, and they are apt to retard digestion if taken while that is going on.

Granites and Frappes (pronounced frap - pay) are formed by mixing the ingredients without cooking, and only about half freezing them, so that they are like wet snow. The ingredients used are fruit juice, sugar and water, the same as for water ices and sherbets.

ORANGE ICE.—Take 12 fine juicy oranges, squeeze out the juice and pour a little boiling water on the pulp to extract the juice from that; add the juice of 2 lemons, the grated rind of 2 oranges, $1\frac{1}{2}$ lbs. of sugar, and 1 quart of water; strain and freeze. When about half frozen add the beaten whites of 2 eggs.

Lemon Ice can be made the same way, but may need more sugar.

PINEAPPLE ICE.—Mix 1 can of chopped pineapple, 2 cups sugar, and 2 cups of water; then freeze. Or 2 cups fresh fruit can be used instead of the canned. A little lemon or orange juice or both are sometimes added to improve the flavor. A little gelatine dissolved and strained is also added sometimes.

STRAWBERRY ICE.—Mix 2 cups of strawberry juice, 2 cups of sugar, and 3 cups of cold water. Soak 1 tablespoon of gelatine in 2 tablespoons of cold water, then add 2 tablespoons of boiling water and when thoroughly dissolved strain and mix with the strawberry juice and sugar; then freeze. In winter strawberry shrub may be used in place of the juice and it will be nearly as good, but it should be colored with a little cochineal.

Other fruit juices can be used instead of the strawberry, and thus a variety produced.

GINGER SHERBET.—Make and freeze a lemon water ice; stir into it 4 oz. of preserved ginger cut into small pieces, and 2 tablespoons of the ginger syrup, and pack down.

LEMON SHERBET.—Take 4 cups water, 2 cups of sugar, juice of 6 lemons, and 1 tablespoon of gelatine. The gelatine should be dissolved in part of the water, added to the other ingredients, strained and frozen.

MILK SHERBET.—Mix 1 quart of milk, 1 cup of sugar and the juice of 2 lemons; then freeze.

PINEAPPLE SHERBET.—Take 1 can of sliced pineapples, cut it in very small pieces, and cook until soft; add the juice of 4 lemons (strained) and 1 cup sugar; cool, and add $\frac{1}{2}$ lb. of candied cherries cut in small pieces; add cold water enough to make the mixture 3 quarts. Beat the whites of 4 eggs very stiff and mix with the sherbet just before freezing and freeze at once. This amount will serve 20 persons.



PINEAPPLE.

THE PINEAPPLE is a native of South America, but has been naturalized in many semi-tropical countries. The fruit is eaten fresh and although the taste is delicious it is not very digestible. It is very perishable. It contains little nutrition, having 89% of water, 9% of carbohydrates, 0.4% albumenoids, 0.3% fat and 0.3% mineral matters. When eaten uncooked they are best if prepared and placed on ice 2 or 3 hours before being served.

VARIOUS SHERBETS.—If 2 cups of fruit juice are used to 2 lbs. of sugar and 3 pints water, and it is cooked and prepared as di-

rected in the "Method of Making Water Ices and Sherbets," very fine sherbets can be made. Raspberry, strawberry, currant, apple, cherry, grape and pineapple juice all work well; or jelly can be used as there directed, but it takes rather more of the jelly than of the juice. The *pulp* of peach, apricot and nectarine can be used instead of the juice. The amount of sweetening can be altered if any of the juices require it.

SORBET.—Take 1 quart water and 2 cups sugar, and boil together for 20 minutes; then add 1 cup orange juice, $\frac{1}{2}$ cup lemon juice, and 1 can of grated pineapple; cool; strain, and freeze to a mush. Serve as soon as possible after freezing. This can be varied by substituting 1 pint of strawberry or raspberry juice for the other flavors.

HOME CANDY MAKING.

 ANDY can be made at home for $\frac{1}{2}$ its cost at stores, and when so made you know it is pure, which unfortunately is not the case with some of that sold by the trade. Ladies who delight in making cake, preserves, etc., may easily add this to their other accomplishments. A few failures at first should cause no discouragement, as knowledge comes by experience. As candy will absorb moisture from the air in damp weather, which interferes with its hardening, choose dry weather to make it.

The Materials and Tools.—Confectioner's powdered sugar is the best to use for uncooked candies as it is prepared expressly for this purpose. It is a kind of powdered sugar much finer than the ordinary powdered sugar. When the confectioner's sugar is not easily obtained the ordinary powdered or fine granulated can be used. For the kind of sugar to use for cooked candies see what we say under "Fondant."

Have nuts or fruit thoroughly dry before using them in candy. Slightly salting most nuts before using them will improve the flavor of the candy. If almonds are to be pounded they will pulverize more readily if after being blanched they are well dried in an open oven.

Oil, or washed butter is the best to use in greasing tins for delicate candies like macaroons, kisses or ratafias, as salted butter or lard is apt to impart an unpleasant taste.

Porto Rico molasses of a medium grade is best for candy; or use the best New Orleans molasses.

Unsweetened chocolate can be used for caramels and similar candies, but confectioner's sweet chocolate is better to use to dip candies in.

Many ladies are bewildered by the list of tools and their names, but good results can be obtained with a small sauce-pan, and a silver spoon and fork, although a few other things are an advantage and can be obtained if candy is to be made often. The sauce-pan should not be iron, but brass, copper, tin or enamel will do; 2 or 3 small wooden paddles will be useful. A thermometer costing \$2.00 to \$2.50 for testing sugar will be convenient if much candy is made, but as there are other tests it is not essential. A marble slab with a smooth top will be a convenience but a large meat plate can be used

for small quantities if you haven't that. Candy tongs and candy dippers will also be an advantage, and so will a stout candy hook fastened to the wall on which to pull candies. Any blacksmith can make such a hook, using $\frac{3}{4}$ inch iron, about 14 inches long, bending it into the shape of a fish hook, sharpening the point, and flattening the other end and boring 3 screw holes in it. Fasten it up about 5 feet from the floor.

In making candy use a vessel deep enough to hold it when it boils up, and lift it from the fire when it is in danger of boiling over. Watch carefully to keep it from burning.

In Pulling candy have the hands well greased, throw the candy over the hook and pull it towards you; as a rule, take hold of the candy firmly, and make that move without sliding the hands over it or you will blister the hands; as soon as the candy seems likely to break, throw it over the hook again, and continue pulling it thus until it is white and nearly cold.

Greasing the hands is better than flouring them when handling candy as the flour is apt to unpleasantly affect its flavor.

Coloring.—For this use vegetable colors only, and they are better prepared at home than when bought at the stores. For preparing various colors see "Frosting" for cakes. For *amber* or *light brown*, use a little caramel. For *carmine* or *pink*, use some of the cochineal. For *green* use more or less of the spinach green, according to the shade desired. For *yellow* use saffron, or grated orange rind, which is better, and so on. Only a little coloring matter is needed.

Flavorings.—These should be selected with care. Flavorings for fondant should be as strong as possible and then use but little, because fondant liquifies so easily. Many of the flavorings given in our article on flavorings in the introduction to the chapter on "Cake" can be used. The tea, Bedford, laurel and citronelle, will be found excellent. If chocolate is used it will be an advantage to add a little vanilla. For ordinary candies 5 cents worth of oil of cloves, cinnamon, wintergreen, lemon or peppermint will flavor 50 lbs. of candy. Add flavors the last thing, or when the candy is nearly cold, as their strength is wasted if added while it is hot.

BOILING SUGAR.—In boiling sugar it is well to understand the different "degrees," as the confectioners call them, through which the sugar passes. There are 12 of these degrees called *small thread*, *large thread*, *little pearl*, *large pearl*, *the blow*, *the feather*, *the soft ball*, *the hard ball*, *the soft crack*, *the crack*, *the hard crack*, and *the caramel*. Let us examine this a little, but remember that

in handling sugar skilfully much judgment is needed. Suppose we put on the stove 3 lbs. of sugar and 2 cups of water and stir till it dissolves. After boiling a few minutes it will approach the first degree called *thread*, and as it passes from 1 degree to another quite rapidly it must be watched closely and tested often but without stirring it.

The *thread degree* is known by dipping the forefinger into the syrup, or touching it to the syrup adhering to a small stick which has been dipped in; then touch the forefinger with the thumb, and draw the fingers apart; if a fine thread is formed which breaks at a *short* distance, and remains on the finger and thumb as a drop, it has reached the *small thread*. Boil a little longer, repeat the test, and a longer thread will be drawn known as the *large thread*. This is the finger test. A thermometer will show about 220°.

The *pearl degree* is tested the same way. When the thread reaches from the thumb to the finger, *without breaking*, as they are drawn apart, it has reached the *small pearl*, and when it will spin across as far as the thumb and finger can be separated, it has reached the *large pearl*. Another sign is that the syrup shows bubbles on the surface, but this is more of a hint than a test. The thermometer will show 226°.

The *blow degree* is tested by dipping a skimmer into the syrup, shaking it a little, and blowing through the holes; if small bubbles or air bladders appear on the other side *the blow* is reached. It will be 230° by the thermometer.

The *feather degree* is tested in the same way, but more bubbles are produced; another test is to dip in the skimmer, shake it over the pan, and then give it a sudden flirt away from you, and the syrup will fly off like feathers, or more properly in threads. At this stage there is not enough water left to hold the sugar in solution, and it will manifest a tendency to crystallize or grain. The thermometer will show 236°.

The *ball degree* is tested by dipping the forefinger in a basin of ice water, then take a little syrup on the finger-tip and plunge it into the water again, and roll it with the thumb; if it forms a soft ball it has reached the *soft ball* (at 240°). This is the point at which to use it for mint cream drops. When a larger and harder ball is formed, which sticks unpleasantly to the teeth on being bitten, the *hard ball* degree is reached (at 248°).

The *crack degree* is tested in the same way, and if the sugar adhering to the finger breaks with a slight noise, and does not adhere to the teeth, it has reached the *soft crack*; the thermometer will show

252°. On boiling it up again, and testing the same way, the *crack* degree will be reached at 260°; at 290° the syrup will break short and brittle, cracking like an egg-shell, and is then known as the *hard crack degree*.

The *caramel** degree soon follows, and the syrup loses its whiteness and turns a light straw color. A few drops of some acid, like vinegar, lemon juice or tartaric acid, should be added now to prevent its graining, and the pan should be quickly taken from the stove and set into cold water to prevent the syrup from burning, or it will soon become a dark brown and be spoiled. At the caramel stage the sugar will snap like glass on being dipped into water.

Hints.—Dropping in the acid is called *greasing* the syrup. Do not add too much or you will spoil it. Confectioners have a saying that "there are 20 different ways to grease syrup, but none to make it grain when greasy."

A small piece of butter put into the pan will prevent the syrup from rising over the sides, and will grease or smooth it, and thus act like the acid in keeping it from graining.

For testing the syrup a small round stick is sometimes used instead of the finger; dip it into the cold water, then into the syrup, and then into the water again. Have the water close by, and be *sure* it is cold or it will not test well. If the water is cold enough and the fingers are held in it till *cold*, then dipped into the hot syrup and *instantly* plunged into the cold water again, they will not burn when used to test even boiling syrup.

Keep the sides of the pan clear from crystals of sugar by wiping them off with a damp sponge or flannel, and do not let the crystals drop into the pan, or they will cause granulation. In doing this do not let the fingers touch the syrup or they will be burned. One washing down is generally enough, but repeat if necessary.

If at any time you boil the syrup a little too much, or produce a degree beyond what you wish for, put in a little water and boil it up again. Sugar that has been boiled too often, however, loses many of its good qualities. After dissolving the sugar do not stir the syrup; there will be danger of making it granulate if the pan is shaken while it is boiling. Sugar which has grained can be boiled again and used for taffy or cream candy.

Do not set candy in a refrigerator to cool it, but in a cool, *dry* place. Air-tight boxes are the best in which to keep candy.

*The name "Caramel" is derived from a Count Albufage Caramel, of Nismes, France, who discovered this stage of boiling.

FONDANT OR CREAM CANDIES.

FONDANT OR CREAM.—Fondant is the foundation for almost all French candies, and can be easily made by the amateur so that it will look and taste as well as that made by the professional. Granulated confectioner's powdered or coffee A sugar can be used, but coffee A more generally gives good results. For a trial add $\frac{2}{3}$ teacup of water to 1 lb. coffee A sugar; let it stand an hour or so, and then add cream of tartar the size of a white bean, dissolving it first in a little cold water; now set the pan over a *quick* fire (be particular about that, as it is quite important) and stir constantly until the candy begins to boil; then stop stirring at once. After it has boiled a few minutes drop some of it into cold water to test it; try it often, and when you find the candy can be gathered up in the fingers in a ball which does not at once soften when held (about the *soft ball* degree) it is ready to take from the fire, and should be very carefully poured into a pan which has been sprinkled with cold water, and which *sets level*. Be sure the candy is not stirred from the time it begins to boil until it is poured into the pan, as it would grain if stirred. Greasing the pan is often advised, but it is apt to affect the taste of the candy, and we have found moistening sufficient. Let it remain without stirring or shaking until it is almost perfectly cold; then beat it constantly with a large spoon or paddle. In a short time the candy will get white, and then begin to harden; now gather it into a mass and put it on a sprinkled marble slab if you have it; if not, knead it in the same pan in which it cooled, but in either case, knead it as you would bread dough for a few minutes with the hands. If it is not hard enough to knead, stir as long as you can with the spoon and then set away awhile and it may harden sufficiently to work; if not, add a little water and cook again, allowing the ball to cook a little harder than before. Remember that sugar passes very rapidly from one degree to another, and so must be tried often. When cooked enough, pour it into the pan and treat as before directed. If not boiled long enough the fondant will be too soft on attempting to knead it; if boiled too long it will harden too quickly, and be hard and lumpy. Skill in working it will come with practice and experience.

This fondant can be used for dipping, and if it is cooked enough it can be made into balls to be dipped in melted fondant. It can also be used for "patties." It can be made in quantities and kept in a stone or china dish or jar, well covered with waxed or buttered paper to keep the air out, using it as needed; it will keep thus a week in cold weather. Do not scrape the sauce-pan after pouring

out the fondant; put a little boiling water in it, set on the stove, and it can soon be easily washed out.

The above fondant will form the foundation for all your French candies. It can be colored with cochineal, saffron, etc., and flavored with any flavoring desired. In working these candies there is a chance for displaying one's taste and skill. It can be made into rolls, and pieces sliced off, or made into cubes, or formed into any shape to imitate French candies. As French candies are nearly all made by hand, you can notice their forms and imitate them. We explain some of the most popular forms for these candies, and you can easily devise others; there is no limit to the varieties which can be produced by varying the flavors, using noyeau, maraschino, tea, coffee, and other flavors less common than the vanilla and lemon. Variegated effects are produced by using fondant, variously colored, and so on.

Melting Fondant.—In melting fondant put some of it in a cup and set it in a dish of boiling water, instead of setting it directly on the stove; when melted, the cup can be held in the hand while the dipping or dropping is being done. It is sometimes said that the cup must be kept in hot water during the dipping, but we have not found this necessary, for as soon as it hardens too much to use readily it can be set back in the hot water and softened again. If very hot, it may be too thin; if so, stir a minute till it thickens. If it is too thick, cautiously add a little hot water, 1 or 2 drops at a time, as a little too much water will spoil it for dipping candies, although it can be used for dipping fresh fruits.

In using a fork for dipping candies, grease it well, and do not stick it into the article, but drop the ball or nut into the melted fondant and lift it out with the tines of the fork, using them like a spoon; rest it a second, to drain, on the edge of the bowl, and then deftly drop the coated candy onto the oiled paper.

ORANGE OR LEMON CREAMS.—Grate the yellow rind of an orange carefully into a plate, and add the juice of $\frac{1}{2}$ an orange and $\frac{1}{2}$ a lemon, and just a dash of tartaric acid; then mix it with enough confectioner's powdered sugar to make a stiff paste, form it into little balls, and set away to dry for a few hours; then melt a little fondant in a cup as before directed, and drop in each little ball, lift it out with a fork, and lay it on oiled paper. If the cream gets too thin to cover the balls well, let it cool a minute; if it gets too thick warm it again.

Lemon Creams are made by using lemon in the same way.

BALLS.—Fondant can be melted and an equal amount of almond paste stirred into it; this can be formed into balls, and these balls dipped into melted fondant as directed for orange creams. By flavoring this melted fondant with coffee, tea, etc., various effects can be produced, which will be novel and attractive.

WALNUT CREAMS.—Melt a little fondant in a cup as before directed; color it with cochineal, and flavor with vanilla or not, as preferred; then drop in walnut meats, one at a time, taking them out on the tines of a fork, and placing them on buttered paper to harden; then repeat the operation giving each one a second coat. Another way is to flavor a little fondant with vanilla, form it into small balls, press the 2 halves of a walnut on opposite sides of each one, and set it on an oiled dish to harden. If the nuts are slightly salted before being used it will improve the flavor.

Almond Creams can be formed by using almonds instead of walnuts.

CHOCOLATE CREAMS.—Flavor a little fondant with vanilla and roll it into balls the size of walnuts; then take some confectioner's sweetened chocolate, heat it, and mix in enough well-beaten white of egg to make a smooth, thick paste; dip each little ball into this paste, and lift it out with a fork and drop it onto oiled paper; if the white shows through, add more chocolate. Let the balls dry for some time.

RASPBERRY CREAMS.—Mix a little raspberry jam with enough confectioner's powdered sugar to form a stiff paste, and roll it into little balls between the palms of the hands; then melt a little fondant as before directed, color it with cochineal, and dip in these balls as directed for "Orange Creams," giving each ball 2 coats if needed.

Strawberry Creams can be made with strawberry jam the same way.

MAPLE SUGAR CREAMS.—Grate fine maple sugar and mix it with fondant to suit the taste, and form into any shape desired. The walnut creams are very nice made with maple sugar.

COCOANUT CREAMS.—Take $\frac{1}{2}$ cup grated cocoanut, 1 cup confectioner's powdered sugar and 5 teaspoons of milk; mix, form it into little balls, let them dry 3 or 4 hours, and dip them in melted fondant as directed for "Orange Creams." These are very nice covered with maple sugar fondant.

FRUIT CREAMS.—Take some fondant and, while it is warm, work in grated cocoanut, or finely-chopped citron, currants, figs, or

other fruit; it can then be formed into balls, bars, or flat cakes, and these set aside to dry.

Dates and Cherries can be cut in two, and the stones or seeds taken out, and little balls of flavored fondant put inside; then press them together, roll them in granulated sugar, and set to dry. A delicious confection is also produced by putting salted almonds inside, instead of the fondant. Try it.

Canned Plums or Figs can have the skins and stones removed, then be rubbed to a paste with confectioner's powdered sugar and a trifle of cream of tartar added; then form into balls, and dip as directed for "Orange Creams."

CREAM-COATED FRUITS.—Melt some fondant, and add any flavoring desired, only select that which will go well with the fruit to be dipped. The fondant can also be colored, if desired, to suit one's fancy. A fondant which is too soft for making the balls or centers for candy, can be used for this purpose. Grapes, currants, cherries, strawberries, raspberries, and other fruit, can then be dipped into the prepared fondant, dipping each berry separately, and laying them to dry on oiled paper, or set them in the little paper cases if you have them. Select choice fruit for this purpose. Fruit thus dipped is quite attractive for dessert or breakfast. Oranges also may be peeled, each carpel separated carefully without breaking the skin, and then dipped in melted fondant, which is colored with grated orange rind and thinned with orange juice. This process is new and good.

PATTIES.—These are simply melted fondant, flavored as desired, and formed into drops or patties the size of a half dollar; they will be hard enough to eat in $\frac{1}{2}$ hour. By using different flavors, as peppermint, wintergreen, etc., numberless varieties can be produced.

UNCOOKED CREAM OR FONDANT.—Pass 2 or 3 lbs. of XXXX powdered sugar through a sieve, shape it like a cone on the table, make a well in the top, put in a little water, work in sugar till it is absorbed, put in a little more, and keep on thus doing until a smooth, stiff paste is formed. While doing this, work in a little vanilla or any other flavor desired. This will serve as a foundation for any of the candies for which "Fondant" is used, but it cannot be melted to use as a coating.

By varying this uncooked cream a little a variety of fine candies can be produced. Thus *lemon creams* can be made by working up the sugar with lemon juice and a little grated rind; then form them

into creams. Or use orange juice and rind for *orange creams*. Or use any fruit juice instead of the water for mixing, such as *pineapple, raspberry, strawberry*, etc.; the flavor is thus easily varied.

Cream Walnuts, Dates, Figs, Cherries, etc.—These can be made from the uncooked fondant as follows: Roll some of the uncooked fondant between the hands into a strip about 1 inch in diameter, and then cut the strip into sections about 1 inch long, and, using the hands, roll these into balls, then take each one, press the 2 halves of a walnut on the sides opposite each other, and put them in a pan in rows as fast as formed; set them aside to harden a few hours and they will be ready to use. To prepare *cherries, figs*, or *dates*, take out the seeds after cutting them in two, put in a piece of cream, roll them in the hands, and set in rows on a greased dish to harden. If desired, they can be rolled in granulated sugar as fast as formed, to coat the surface; then set aside to harden.

CREAM CANDIES.—Take the whites of 1 or 2 eggs, add an equal quantity of cold water, and stir in enough confectioner's powdered sugar to knead well. Flavor to taste.

Chocolate Creams can be made by flavoring some of this paste, forming into balls, and dipping it into melted chocolate; grate the chocolate, put it in a dish, and set that in a pan of boiling water till melted; after dipping in the creams, any kind of nuts, figs, or raisins can be pressed on top.

A great variety of candies can be formed from this cream, as it is in reality only an uncooked "Fondant," and will serve as the foundation for any of the candies previously given for which "Fondant" is used, but it cannot be melted for use as a coating.

Varying the Cream.—This paste is varied sometimes by using milk instead of water, and by beating the egg. Take the white of an egg and an equal quantity of milk; beat the egg, add the milk, and form to a paste with confectioner's powdered sugar as above directed; this paste when done is handled the same as the other paste. *Gum arabic* is used sometimes instead of the white of egg; a paste is formed by mixing the gum arabic with confectioner's powdered sugar, and the paste thus formed is worked up in numberless ways. There are many slight changes in making the paste or cream, but the results are very similar.

LOZENGES.—Wintergreen lozenges can be made of the above cream by flavoring it with wintergreen, rolling it out thin, and cutting out the lozenges with a little tin cutter. Various other lozenges can be produced by using different flavors, and they can also be tinted with different colors, if desired, for a variety.

BONBONS.—Make a paste by working confectioner's powdered sugar into gum arabic water, and flavor it with vanilla; form it into balls and let them dry. Then dip each ball into a cream made of the beaten whites of eggs and the confectioner's sugar, flavored and colored with chocolate. This last cream should be thin. By varying the flavorings, using different colors, etc., an endless variety may be made.

CREAM NUT CANDY.—Mix $\frac{1}{2}$ lb. coffee A or granulated sugar in 1 teacup of sweet cream, and heat slowly on the stove till the sugar is dissolved; then boil 5 minutes, and stir in $\frac{1}{2}$ lb. of nut kernels, which should be finely grated or chopped; then boil 10 minutes, and pour it onto the buttered plates; cut it into squares when partly cool; it will harden in about 2 days.

MARSH-MALLOWS.—Take 4 oz. of the best white gum arabic, dissolve it in 1 cup of water and strain it; then add a full $\frac{1}{2}$ cup of powdered sugar, set it on the stove, and continually stir until the mixture is about as thick as honey, and the sugar is well dissolved; the well-beaten whites of 2 eggs should then be added gradually, and stirred until the mixture becomes thinned and will not stick to the finger when touched; flavor to taste with lemon, rose, wintergreen or anything preferred. Pour it to cool into a square tin pan dusted with corn-starch. Cut into squares when cold, and dust each one with corn-starch. This will keep best in tin boxes.

NOUGAT.—Make the marsh-mallow paste as above directed, and then stir in $\frac{1}{2}$ lb. of almonds blanched and cut fine; set to cool as before; then cut, when cold, into long bars and wrap in waxed paper. *Hazel-nuts, pistachio-nuts, etc.*, can be used at times for a variety.

COCOANUT CREAM CANDY.—Mix the milk of 1 cocoanut and $1\frac{1}{2}$ lbs. coffee A or granulated sugar, and heat slowly until the sugar is dissolved; then boil 5 minutes, add the grated meat of the cocoanut, and boil 10 minutes longer, stirring continually; pour on buttered plates to harden, and when it begins to harden, cut into squares. It will harden in about 2 days.

MISCELLANEOUS CANDIES, ETC.

GLACES.—Take 2 cups granulated sugar, 1 cup water, and $\frac{1}{4}$ teaspoon of cream tartar; boil it to the "crack" degree, that is, so that it will break when in cold water, and will not stick to the teeth



COCOANUT
AND BLOSSOM.

when eaten, and set the vessel containing it into a basin of hot water to keep it warm; if it gets too cool while being used, it can be reheated *twice*, but it will not soften after that. Into this mixture can be dipped nuts, such as almonds, peanuts, walnuts, etc., or fruits like grapes, cherries, dates, figs, sections or carpels of oranges, etc. Have the fruit or nuts dry before dipping them, and dip them one at a time. Grapes and cherries can be dipped in by their stems; nuts and so on, can be dropped in and lifted out on the well-greased tines of a fork. Lay them to dry on greased paper or pans, or on a sieve also greased. In damp weather the atmosphere is apt to make them sticky, and even in dry weather they should be kept in an air-tight jar or tin box. Some of the fruits are best eaten within a few hours after being prepared.

TAFFY (Lemon).—Put 1 cup of water and $1\frac{1}{2}$ lbs. coffee A sugar over the fire; stir until dissolved, then add $\frac{1}{4}$ teaspoon of cream tartar; wipe down the sides of the pan with a damp cloth or sponge to remove the crystals, and boil until it reaches the "crack" degree; then turn it into shallow greased pans to cool, sprinkling on 1 teaspoon of lemon extract. Mark into squares with a sharp, greased knife, when it is partly cold. Or, it can be turned onto a well-greased slab, and when the edges cool a little they should be turned in toward the center, repeating this every few minutes until it is cool enough to handle. Then pull it as previously directed for pulling candy. If it is pulled, the flavoring extract is best sprinkled on a little at a time during the pulling. Then take it off the hook, pull it into long strips, and cut these into little blocks 3 or 4 inches long; set them in a cool place on greased pans to cool.

Vanilla Taffy can be made in the same way, but flavor with vanilla instead of lemon.

Molasses Taffy.—Boil 1 quart of New Orleans molasses for 30 minutes in a large pan, so that it will not run over, stirring continually; then add $\frac{1}{2}$ teaspoon baking soda, and boil it to the "crack" degree; then add 1 teaspoon lemon juice and pour it into shallow, well-greased pans or a platter to cool; when partly cool it may be marked into squares or pulled to a bright golden color, and finished as directed for other taffies.

Walnut Molasses Candy.—Make the molasses taffy as just directed, and when it gets to the "crack," degree, stir in all the walnut kernels it will hold (have the walnuts perfectly dry); pour it into well-greased pans to cool; cut a lemon in two, and with the flat side press the candy down smooth; cut it into bars with a well-greased knife, when partially cool.

Peanut Molasses Candy can be made the same way, but use peanuts instead of walnuts.

Everton Taffy.—To 1 lb. coffee A or granulated sugar, add 1 tea-cup of water; cream $\frac{1}{4}$ lb. of butter and have it ready, and when the sugar is dissolved stir it in; flavor with lemon, cook to the "crack" degree, turn it into greased pans, and with a greased knife mark into blocks when partly cold.

PLAIN MOLASSES CANDY.—Take 2 cups of molasses, 1 cup of brown sugar and 1 tablespoon of butter, and boil until it will harden in cold water; then stir in 1 tablespoon of vinegar, pour it on the buttered plates, and pull as soon as cool.

Adding the sugar makes the candy more brittle; if white sugar is used instead of brown, the candy will be whiter, and if a teaspoon of soda is stirred in well, just before pouring out the candy, it will whiten it still more. The vinegar keeps it from graining, and lemon juice or tartaric acid would answer as well. The butter keeps it from rising over the sides of the pan as it boils, and makes it smoother; some people add a little sweet cream also. The idea that molasses candy should be stirred from the time it is put on the stove until it is taken off is erroneous. A tin lid placed over the pan as soon as it begins to boil, will keep in the steam which will wash the candy from the sides of the pan. When beginning to pull the candy it should be rather sticky, or else it will not be of the right consistency when done. After getting the mass into good shape, pull it briskly a few minutes while holding it over the stove, and the heat and the pulling combined will whiten it wonderfully.

For Peanut Molasses Candy prepare the peanuts while the candy is cooking, lay them on buttered pans, and pour the candy over them when done; cut into blocks with a greased knife when it is slightly cooled.

For Walnut Candy stir in a cup of walnuts just before removing it from the fire; then pour into greased tins and finish as above.

BUTTER SCOTCH.—Take 3 cups of white sugar, $\frac{1}{2}$ cup of water, $\frac{1}{2}$ teaspoon of cream tartar and 1 tablespoon of butter; boil, without stirring, to the "crack" degree; add $\frac{1}{4}$ teaspoon of soda and 8 drops of lemon extract, and turn it into well-greased pans, having it about $\frac{1}{4}$ inch thick; when partly cool, mark into inch squares with a well-greased knife.

SWEET FLAG CANDY.—Take some sweet flag root, wash it, scrape thoroughly, slice very thin, and boil 10 minutes in twice as much water as there is of the flag; drain off the water, and for each cup of this extract add 1 cup thick maple syrup—or sugar will answer; stir well together, and cook till the sugar grains. Excellent for colds.

COUGH CANDY.—Break 2 oz. slippery elm bark into small bits, add 1 cup water and 2 oz. flaxseed, and let it soak, stirring a few

times, for 1 or 2 hours; strain, add 3 cups brown sugar, put it on the stove, stir till the sugar dissolves, and boil 5 minutes; put in 2 tablespoons of lemon juice and bring to the "crack" degree; pour it to cool into greased pans, and cut into small squares when partially cool. This is a valuable remedy for those troubled with throat affections, or who use their voices much, and a pleasant candy as well.

PEPPERMINT DROPS.—Take 1 cup granulated sugar, moisten it with 2 tablespoons water; boil it 5 minutes, then take from the fire and add cream of tartar the size of a pea; mix well, and add 4 or 5 drops of oil of peppermint, and beat it briskly until the mixture whitens (have the cream of tartar and peppermint measured and ready while the sugar is boiling), then drop it quickly onto oiled paper, in drops about the size of peas, or other sizes if preferred. When firm, they can be removed from the paper by moistening it on the under side, and lifting them off with a limber knife. Dry them in a warm place on a sieve, and keep in closely covered boxes. If powdered or confectioner's sugar is used the drops will be less brilliant. If the sugar dust is separated from the granulated sugar with a hair sieve, it will be an advantage. If the cream gets too hard to drop from the spoon set it on the stove, stir till it gets thinner, and drop as before.

Peppermint belongs to the mint family and grows abundantly in all temperate climates. It is a powerful stimulant and the peppermint candies are very efficacious in relieving flatulence and nausea.

For Ginger Drops proceed exactly the same as for peppermint, but instead of flavoring with peppermint use 2 teaspoons of Jamaica ginger.

For Rose Drops flavor with 7 or 8 drops of essence of rose, and color it with 7 or 8 drops of the prepared cochineal given elsewhere

Lemon Drops can be produced by flavoring it with 1 teaspoon of acetic acid; or proceed as follows: Use just enough strained lemon juice to dissolve 1 cup of sugar; boil to a thick syrup, drop onto greased plates, and set in a warm place to harden. We prefer the first method.



PEPPERMINT.

Wintergreen Drops can be made like peppermint drops, but flavor with wintergreen, and tint with the prepared cochineal.

For Currant Drops moisten the sugar with currant juice instead of water; set it on the stove and melt, stirring constantly, but do not let it boil; then add a very little more sugar, warm it a moment with the rest, drop it on oiled paper, and finish like peppermint drops.

By using *raspberry* or *strawberry juice*, instead of the currant juice, *raspberry* or *strawberry drops* are produced.

Orange Drops.—Take the juice and grated rind of 1 orange, add a pinch of tartaric acid, and stir in enough confectioner's powdered sugar to work well; form it into balls the size of marbles.

CARAMELS (Chocolate.)—Take 4 cups of brown sugar, 2 cups New Orleans molasses, $\frac{1}{2}$ cup of milk, 2 cups Baker's chocolate (grated), and butter the size of an egg; stir all together, and boil slowly over a slow fire until it cracks in water (the "soft crack" degree); add vanilla flavor and turn it about $\frac{1}{2}$ inch deep, into large, flat, well-greased tins; when nearly cold, mark it deeply into squares with a greased knife. Break apart when cold, and wrap in waxed paper.

Maple Caramels.—Take 4 cups granulated sugar, 1 cup crushed maple sugar, 1 cup sweet cream; bring to a boil and add 1 tablespoon of butter and a pinch of cream tartar; cook slowly, with constant stirring, to the "soft crack" degree, and finish as directed for chocolate caramels.

Nut Caramels.—Make the same as chocolate caramels and when it is cooked (to the "crack" degree) stir in about 1 lb. of nuts, chopped fine; use walnuts, or walnuts and almonds mixed; then finish as with the chocolate caramels.

Vanilla Caramels.—Cream 2 tablespoons of butter, and work in 1 cup brown sugar; then mix in 1 cup cream and 1 cup New Orleans molasses, and treat as directed for chocolate caramels, flavoring with 1 teaspoon of vanilla just before pouring out to cool.

This can be made into *strawberry caramel* by flavoring with strawberry instead of vanilla, and working in a little red coloring.

FRENCH CHOCOLATES.—Melt some confectioner's sweetened chocolate in a cup set in hot water, and into it drop nuts of various kinds, or small pieces of candied fruit; lift out each piece with a fork and lay it on oiled paper to harden. A great variety of delicious and popular candies can be made thus, and they will keep longer than the French chocolates sold in the stores.

HOARHOUND CANDY.—Boil about 1 oz. of the herb in $1\frac{1}{2}$ cups water; then strain it, stir in 3 cups brown sugar, and when it

boils add 2 tablespoons of vinegar; boil until it is brittle when tested in cold water; pour it into greased pans, and mark into squares with a greased knife when partly cold.

HONEY CANDY.—Take 2 cups coffee A sugar, water enough to dissolve it, and 4 tablespoons of strained honey; boil until brittle on being dropped in cold water; stir in a teaspoon of nut kernels, and pour it to cool in greased pans. Or, for a variety, leave out the nuts and pull it while cooling.

PEANUT CANDY.—Take 1 cup coffee A or granulated sugar, 1 tablespoon of water, and boil till it will harden in cold water; add a pinch of cream tartar, and stir in 1 cup of shelled peanuts; finish as directed for hoarhound candy.

THE PEANUT is a native of India but is now extensively grown in America. It will yield from 60 to 90 bushels or even more to the acre. It is an oily nut containing a good deal of nutrition, but it is rather difficult of digestion.

BUTTERNUT BALLS.—Take some butternuts or beachnuts, pound them very fine in a mortar, and add a little allspice and nutmeg. Make a frosting as for cakes, and stir in enough of the mixture to make it thick enough to handle. Grease the hands, form this mixture into balls, and set on greased tins, allowing room for them to spread as they dry.

FIG CANDY.—Take $1\frac{1}{2}$ cups water and 1 lb. coffee A or granulated sugar; boil until it is brittle when dropped in cold water; add 1 teaspoon each of butter and vinegar, and pour it into greased pans on which slices of figs have been laid; put slices on top also.

CRYSTALLIZED POPCORN.—Take 1 teacup coffee A or granulated sugar, 3 tablespoons of water and 1 tablespoon of butter; boil to the "hard ball" degree, and then throw in 3 quarts of nicely popped corn; stir briskly until the candy is evenly distributed over the corn; take the kettle from the fire (be careful the corn does not burn) stir until it cools a little, and each grain will be separated and coated with crystallized sugar.

Nut meats of any kind may be crystallized the same way.

CRYSTALLIZED CHERRIES.—Prepare the sugar and bring it to the "hard ball" degree as directed for crystallized popcorn, and then pour it over some fine ripe cherries which have been stoned; move them about gently, to coat them nicely, and when almost cold, dry them in a cool oven or near the fire...



PEANUT.

POPCORN BALLS.—Sort all the hard kernels out of popcorn; then take the amount of molasses needed, and boil it until it will hair or thread off the end of a spoon (the "feather" degree); pour the hot molasses over the corn, mix well, and make into balls as soon as it cools a little, having the hands well greased.

Corn-cake can be prepared by putting the mass while warm into greased tins, pressing it into thin sheets with greased rollers and afterwards cutting it into small square cakes.

RATAFIAS.—Use $\frac{1}{2}$ lb. of sweet almonds, $\frac{1}{4}$ lb. bitter almonds, 2 cups granulated sugar, whites of 4 eggs. Blanch, skin and dry the almonds; then pound them in a mortar with the white of 1 egg; then stir the sugar in gradually, and add the remaining whites of egg; beat thoroughly, and drop on tins covered with writing or cartridge paper, and bake about 10 minutes in a quick oven. The ratafias should be about the size of a large button when done, and as they spread very much in baking only a very little of the paste should be allowed for each one. Have them far enough apart on the paper so that they will not touch as they swell in baking.

WHITE CANDY.—Take 2 cups granulated sugar, 1 cup water, and 1 tablespoon of vinegar; boil without stirring until it is brittle when dropped in cold water; pour into greased pans, and pull when cool enough, adding vanilla flavor as you pull it; form it into sticks, and set in a cool place till the next day.

CRYSTALLIZED NUTS.—Select the finest nuts and lay them in well-beaten white of egg, drain them, and again beat what white of egg drips off; then dip them one by one into powdered sugar; lay a sheet of fine paper on a pan, place the nuts on it, and set in a cool oven; when the icing becomes firm, pile them on a dish, and keep in a cool, dry place.

FROSTED, ICED OR CRYSTALLIZED FRUITS.—Select ripe, perfect fruit, and dip it in the well-beaten white of egg to which a little cold water has been added, or into thin gum arabic water; then roll it in pulverized or fine granulated sugar; let it dry a little, and roll again, laying it on oiled paper to dry. Keep it in a cool, dry place until ready to arrange it for the table, as dampness may make it sticky.

Currents, cherries, grapes, plums, peaches, or other fruit, may be thus prepared, and it is very attractive for the tea-table or dessert. Leave grapes or currants on the stem, and brush the fur off of peaches before frosting them.

ORANGE PEEL, CANDIED.—Use thick peel and cut it in thin strips, then boil it, frequently changing the water until there is no bitter taste in the water (don't be alarmed at the amount of boiling required); drain thoroughly, then put in a kettle with sugar only, in proportion of 1 cup to the peel of a dozen oranges. Set the kettle on the back of the stove, and stir occasionally while the sugar dissolves and the peel becomes candied and dry. Keep in a glass jar. Used instead of raisins in cake it gives a daintily-flavored fruit cake.

FUDGE.—Take 2 cups granulated sugar, 1 cup of milk, 1 heaping teaspoonful of butter, 1 small teaspoon of vanilla, 2 squares or 1 ounce of chocolate. Shave the chocolate fine. Mix the sugar and milk until there are no lumps: then place it on the stove, and put butter in at once, and stir *continually*. When it comes to a boil add the chocolate; allow it to boil until, when dropped into a cup of cold water, it sticks together like a *soft caramel* (about 10 minutes); add the vanilla just before taking off of the stove, and continue stirring until it is quite stiff, but not so hard that it will not run freely. Pour into buttered pans, and cut into squares just before it gets cold.

Nuts of any kind may be chopped fine and added at the same time as the vanilla, if desired, to give variety.

FRUITS AND NUTS.

AGREAT variety of fine fruits abound in our markets which in their season are cheap and easily obtainable. They may be considered as luxuries, because no fruit is essential to life, but they afford a pleasing variety to bills of fare, and they possess some value in themselves. While most highly prized by the inhabitants of warm countries they are craved and procured by those of temperate climates, often even at much expense. Fruit may be profitably eaten at least once a day. The juice, consisting largely of watery solutions of acid and sugar, is the most enjoyable part, and those varieties containing the most juice with the least cell structure are the most highly prized. Although judged by their chemical composition their food value is not large, fruits act beneficially on the system, when fully ripe and eaten in moderation, as they improve the appetite and promote a healthy condition of the vital organs.

Nuts do not form a very important article of diet among any people with the exception of the cocoanut. Although judged solely by their chemical composition they should be very nutritious, they are difficult of digestion and are valuable principally for the oil which they contain.

The most wholesome and nutritious fruits are the bland varieties, like apples, grapes, pears, strawberries, and gooseberries, although the latter, as well as sultans and raspberries, are less wholesome than the others.

Stone fruits are apt to disagree with the stomach, but the more watery, like peaches and large plums, are better than those which are smaller and drier, like apricots and damsons. Bananas are wholesome.

The skin of fruits, and the cellular parts in general, are not readily digested. The pulp of oranges renders them heavy.

Fruit may be eaten with a meal or on an empty stomach. The quantity which should be taken depends on the kind. A healthy person may now and then eat the bland, nutritious fruits, as freely as any other wholesome food, but, as a rule, he will gain most if he eats but little, and takes it regularly.

Whatever fruit is eaten uncooked, must be fully ripe, but not over-ripe.

When eaten with a meal, fruit promotes digestion by its gently irritating effect on the mucous membrane of the stomach and intestine. For a laxative effect it is best eaten in the early morning before breakfast, or between meals. Among the laxative fruits may be mentioned oranges, figs, tamarinds, prunes, mulberries, dates, nectarines, apricots and plums. In the early morning an orange acts very decidedly as a laxative, sometimes amounting to a purgative, and may generally be relied on. Pomegranates, cranberries, blackberries, sumach berries, dewberries, raspberries, barberries, quinces, pears, wild cherries, and medlars are astringent. Pomegranates are very astringent, and relieve a relaxed throat and uvula. Apples are correctives, useful in nausea and the vomiting of pregnancy; they at once relieve the nausea due to smoking. Grapes and raisins are nutritive and demulcent, and very grateful in the sick chamber.

Among the fruits which act as diuretics are, grapes, peaches, strawberries, whortleberries, prickly pears, black currants and melon seeds. Lemons, limes,

apples, gooseberries, red and white currants, pumpkins and melons are refrigerants.

Cooking removes much of the acidity from unripe fruit, and renders it lighter as well as more palatable. The acid of unripe fruit acts as an irritant poison, causing an excessive intestinal secretion with more or less irritation, and hence arises the resulting diarrhea. On the other hand, fruit which is over-ripe, in which fermentation has begun, frequently causes the same disorder, and should be equally avoided, although less easily avoided because the insidious beginning of decay is not easily recognized.

The Acids in Fruit.—The pleasant flavor of many of the fruit sauces depends on blending the acids which fruits contain, with sugar, and much of the success of the various cooking operations in which they are used depends on the proper combination of these elements. If the acid was neutralized, as might easily be done with an alkali, the piquancy would be gone, and the product would taste insipid and flat. The aim, therefore, is not to wholly neutralize the acid, but merely to blend it agreeably with sweetening.

FRESH FRUITS AND NUTS.

Fruit for the table should be selected with care, and choose only that which is ripe and perfect. In arranging it for the table there is an opportunity to display one's taste and ingenuity. The garnishing requires attention. Arrange the fruit tastefully on dishes, with leaves between and around it, as the contrast of brilliantly colored fruits with nicely arranged foliage is very charming. The double-edged mallow, strawberry and vine leaves have a pleasing effect, and in winter the bay and laurel are sometimes used. For the breakfast table melons, oranges, and small fruits are generally served, but for the dinner table all fruits are served in their season. Serve whole fruit in a raised dish, blending the colors harmoniously, and mix in any pretty green leaves or vines. Arrange them conveniently for serving, and so that they will not fall out when moved.

Have fruit fresh, and as cold as possible when served. That which has stood for some days in a warm room is not very tempting. Pounded ice is an agreeable addition to a dish of raspberries, strawberries, or currants. Pound it in a clean cloth until it is almost as fine as snow, and then spread it over the berries. If sliced fruits or berries are sprinkled with sugar and allowed to stand 1 or 2 hours before serving, they will be much improved.

Grape scissors, a melon knife and fork, and nut crackers should always be put on the table if there are dishes of fruit requiring their use.

There are many very attractive ways of preparing fresh fruits for desserts, etc., which we explain elsewhere, such as "Frozen Fruit," "Frosted or Iced Fruit," "Glaces," "Cream-Coated Fruit," "Fruit Molds," "Fruit Ice Creams," etc., which the reader can readily refer to.

APPLES.—Choose those which are not too sour, and which have a pleasant taste; wipe them clean, or polish brightly with a cloth, and mix together different colors, like red and yellow, piling them up on a dish when they are to be served at the table.

APRICOTS.—These need only a few green leaves to garnish them. Pile them high on a glass or other dish.

BANANAS.—These, if whole, should be piled on either high or low dishes, and high in the center, with bright green leaves to make them look pretty. They are often mixed in with oranges and grapes. Bananas make a delicious dessert if the skins are taken off, and they are cut crossways into thin slices, and then sugar and cream served on them. Or, after slicing them, sprinkle on sugar and add a little orange juice. Alternate layers of bananas and oranges (peeled and sliced) with sugar on each layer are very nice. It will be an improvement to let the fruit get very cold, and cover with whipped cream when serving. Bananas and strawberries also go well together.

BERRIES.—Choose the freshest. It is better not to wash them unless they need it, but pick them over, hull them, spread a layer in a dish, sprinkle with sugar, then put in another layer of berries, and so on alternately. Set them in a cold place until ready to serve, and then put on a layer of crushed ice. If necessary to wash them, use cold water, wash a few at once, and then hull them, handling as little as need be. Do not stir them with a spoon nor drain them with a colander. Then sprinkle with sugar and set away as before. Do not wash berries after being hulled, as more or less juice escapes with the hulling, and the less they are then disturbed the better. It improves their appearance to garnish them with a border of green leaves.

Blueberries, blackberries, huckleberries, whortleberries, etc., are all served much the same way.

THE WHORTLEBERRY is native to the northern parts of the world, and there are many varieties. The fruit contains about 77% water, 5.7% sugar and 1.3% free acid. It is very wholesome.

THE BLUEBERRY belongs to the same species as the bilberry, whortleberry, etc.



WHORTLEBERRY.

It is found in most northern countries. It is a very wholesome and palatable fruit, and its composition is about the same as the whortleberry.

CHERRIES.—These can be piled in rows and high like a pyramid. They are also nice if kept in clusters. Then garnish with green leaves if convenient.

COCOANUTS.—These can be grated and served with either cream or jelly as preferred, or both can be used; or serve them with jelly or jam. For whatever dish cocoanut is to be used it will be more digestible if put to soak for a time in any liquid, such as milk, etc., which is to form an ingredient of the dish. Adding a little lemon juice is also to be recommended. Vanilla and rose-water are favorite flavorings for dishes made from cocoanut.

CURRENTS.—When fully ripe these are delicious and attractive in appearance. Mix together the red and white on bunches, in alternate rows, with leaves bordering the outside; or pick them from the stem and sweeten them. They are delicious served with raspberries. They are nice crystallized or frosted. The method of preparing them is explained in our article on "Home Candy Making" (which see).

DATES, FIGS, FRENCH PLUMS, ETC.—These are all served on small glass plates or oval dishes, piled high in the center. Garnish them with green leaves.

GRAPE FRUIT OR SHADDOCK.—Peel in sections like the orange, remove the bitter white membrane covering the sections, break open the pulp and serve. Sugar is sometimes added, and sometimes it is sprinkled on and left for 1 or 2 hours or over night, but many prefer the fruit unsweetened. This fruit is wholesome and refreshing, and it deserves to be more highly appreciated, but by many the taste for it has to be acquired.

RIPE FIGS.—Peel and slice fresh figs, and serve with pulverized sugar and cream.



GRAPE FRUIT TREE.

GOOSEBERRIES.—These should be piled high, but need no other arrangement, except a few green leaves for decoration.

GRAPES.—Examine these carefully, and pick out all which are withered or unsound. Rinse them in cold water, Malagas especially. Have the bunches of medium size, dividing the large ones. They can be piled in a pyramid, with a few hanging over the side of the

dish. Different kinds mixed look well, by the contrast of colors, and their own or other green leaves can be placed at the edge of the dish. Divide the bunches with fruit scissors.

THE GUAVA.—This is the fruit of a tree which grows in the tropics. It is an agreeable and wholesome fruit, its taste when quite ripe being not unlike that of strawberries and cream. The fruit is eaten raw, but is also made into jams and jellies. The rind is sometimes stewed with milk. The fruit is also eaten fresh with sugar and cream, and it can be preserved or canned like other fruit.

THE MANGO.—The mango is a native of India, but grows in other tropical countries. The fruit is finely flavored, sweet, cooling, and medicinal, especially if partaken of early in the morning, but it is too perishable to transport to a distance. The unripe fruit is made into pickles often.

MELONS.—These should be very cold when served, and are best kept on ice a few hours before serving. They may be cut in strips and piled up on a platter, or merely cut crossways. The ice should not be allowed to come in contact with the inside of the melon. Eat with a spoon or fork. They are eaten alone, or with salt, sugar or pepper, sprinkled on.

CANTELOPES.—Chill by keeping them on ice before serving; cut them in two, remove the seeds, and serve a half to each person. Serve salt with them. Eat with a spoon.

THE MULBERRY.—This fruit although called a berry is in reality a spike. When to be used as a dessert it should be freshly gathered and so ripe as to drop from the tree. It has a fine flavor and a sweet, sub-acid taste, and is succulent, sugary and rich. The fruit drops as soon as it is ripe and is eaten much like blackberries and raspberries which it resembles somewhat. It makes fine preserves.

OLIVES.—These can be most attractively served by draining them and putting them in a small fancy dish on a bed of broken ice, with a small silver fork in the dish. They are served at dinners, lunches and suppers, and are placed on the table at the begin-



GUAVA.



MANGO TREE.

ning of the meal and are left until it is over. If they are too salt let them soak in cold water an hour before serving them. On taking them from the table put them in a bottle of slightly salted water, covering them completely to keep them from darkening in color.

THE OLIVE tree is a native of the south of Europe. The fruit is valuable in its ripe and unripe state. Unripe olives are pickled in various ways, being usually pickled in lime water which renders them softer and milder in taste. They are eaten to destroy the taste of viands previously eaten, and to promote digestion. The well-known olive oil is obtained mainly from the external part of the ripe fruit.



THE OLIVE.

ORANGES.—These may be served whole, piled up like a pyramid or mixed in with bananas and grapes. If served whole they can be cut in two crossways, without peeling them; then eat with a spoon, sprinkling on sugar or not as preferred. Or they can be served cut in halves, and laid on green leaves; or with the peeling cut and rolled down. Or they can be peeled, divided into sections, the seeds taken out, and each one cut in 3 pieces with a silver knife; then sprinkle on sugar just before serving. In Havana a fork is run into the orange from the stem end, which serves as a handle; then with a sharp knife the peel is cut in strips and turned down from the top, and the orange is eaten, which leaves the fibrous pulp on the fork.

THE MANGOSTAN OR MANGOSTEEN.—This tree is a native of the tropical parts of Asia and Africa. The tree grows to about 20 feet in height, and it has a regular, tapering form something like the fir. The fruit in size and shape resembles an orange. It is dark brown, spotted with yellow or gray, and it has a thick rind. The fruit is very juicy and deliciously flavored, and it may be eaten freely with perfect safety. It is one of the most delicious of fruits.



MANGOSTAN OR MANGOSTEEN.

PEACHES.—These should have the fur wiped off, but any other garnish than a few green leaves is superfluous, as their own color is so rich. They make a beautiful center dish. Or they can be pared, sliced, granulated sugar sprinkled on, and served at once,

and cream passed for them. Some people think it an improvement to grate nutmeg over sliced peaches. Try it. Or they can be frozen or frosted by the methods we explain in our articles on "Ice Cream" and "Candy Making," and made very attractive.

The **Nectarine** can be treated like the peach of which it is only a variety.

PEARS.—Wipe them with a cloth, and pile them high like a pyramid, with a few green leaves at the base. For eating, select fine grained pears.

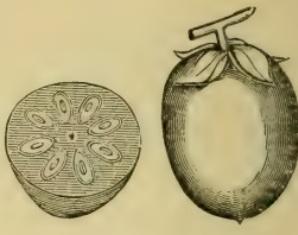
PERSIMMONS.—When dead ripe the skin will be so tough that the calix may be pulled out, and then the delicious contents may be taken out with a spoon, but it is very astringent unless *fully* ripe.

The persimmons may be kept for some time by putting a layer of brown sugar in an earthen jar; then put in a layer of persimmons, then sugar, and so on with alternate layers; have sugar on top. Keep paper closely tied over the top.

PERSIMMON is the fruit of the *Diospyros virginiana*. It grows in the Southern States, but is seldom found north of 40°. When green the fruit is very astringent, but when ripe, or when mellowed by frost, it is sweet and luscious. By a course of cross fertilization and selection the Japanese are said to have brought this fruit to great perfection.

PINEAPPLES.—A handsome center-piece is formed with a pineapple surrounded with oranges and grapes. A pineapple may be pared, and then holding it by the tuft, use a sharp knife and start the fruit in thin slices and tear each piece from the hard central core; then cut them into small pieces, add sugar and allow it to stand in the refrigerator some time before serving, to form juice. Another way is to cut off the tuft, then cut the pineapple into quarters lengthwise; take out the hard core, and grate off the fruit until the rind is reached. Pineapple forms a good desert served with lady-fingers or slices of sponge cake in a row around the dish. The "strawberry" is considered the best, and the "sugar-loaf" next. It is also nice served in layers with cocoanut and oranges, with sugar between the layers; after preparing, set in the refrigerator till ready to serve.

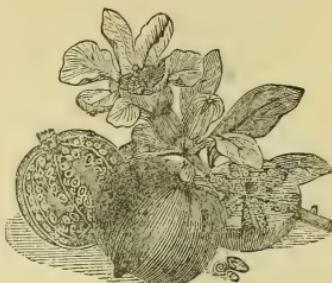
The rind of pineapple contains an acid which will make the lips and mouth sore if it gets on them; therefore, peel it with one knife, and slice it with a clean fresh one. Salt is used as an antidote for the acid if it gets on the lips.



PERSIMMONS.

POMEGRANATES.—Remove the skin, take out the seeds, and carefully remove all the thin brown skin separating the sections; mix the seeds with finely pounded ice on a pretty dish, and serve.

POMEGRANATE is native to Asia and probably Africa. It has never come into very extensive use in Europe or America. The pulp has a delicate, pleasant flavor, and its sub-acid juice makes it cooling and grateful in warm climates. The rind is very astringent (caused by the tannin it contains) and a decoction of it makes a good gargle for sore throat, and is good for diarrhea. The tree grows to a height of 15 or 20 feet. The pulp of the fruit is of a reddish hue and very refreshing.



POMEGRANATE.

PLUMS.—Pile these in pyramidal form. A pretty effect is produced by adding sprays of nasturtium leaves and blossoms.

THE SLOE is the parent of the plum. The leaves have been used to adulterate tea. The juice is sharp and astringent, and the fruit, when ripe, makes good preserves.



SLOE.

RAISINS.—Serve only the choice varieties on the table like the loose "Muscatels" or layer raisins. They may be served with candy and nuts, or almonds are sometimes blanched and strewed over them.

RAISINS contain more sugar and less acid than fresh grapes, and so are more nutritious but less refrigerant. If eaten too freely they are apt to derange the digestive organs.

RASPBERRIES.—If very large and fine they are sometimes piled in rows in pyramidal form. Otherwise merely pile them in the center of the dish with a few green creepers about the edge. Some people prefer them with little or no sugar. Or prepare them as directed for "Berries."

STRAWBERRIES.—Put them in a pretty dish and garnish with some of their own green leaves. Large fine berries are served by the French without hulling; each one is taken by the hull and dipped into powdered sugar, which is passed with them, and then eaten. They are also nice put into a dish in alternate layers of berries and sugar; then whip together 2 cups cream, 1 cup of pulverized sugar and the whites of 3 eggs; flavor with strawberry or orange juice, and put it on top of the berries. Another way is to put alternate layers of berries and sugar in a dish; then take orange juice in the proportion of 3 oranges to 2 pints of berries, pour it over, and set the dish in a

cool place for 1 or 2 hours. Sprinkle pounded ice on them just before serving.

PRICKLY PEAR.—Cut a slice off of each end, then peel it, and cut the pulp into slices. It can be sprinkled with powdered sugar and the juice of an orange squeezed on, or it can be eaten unseasoned.

THE PRICKLY PEAR is the fruit of a species of cactus. It is of a purplish color and it is covered with spines so that it must be handled carefully, protecting the hand with a napkin. The fruit is freely eaten in Mexico and it is often imported from there.

THE TAMARIND.—This tree is native to the West Indies, but is cultivated in warm climates. The tree grows to a height of about 40 feet. The pods are from 3 to 6 inches long and contain pulp and seeds. The pulp is juicy and acid. It contains citric, tartaric and malic acids, with potash, sugar etc. It makes a drink which is cooling and laxative. Tamarinds are best preserved by putting alternate layers of tamarinds and white sugar into a stone jar; cover with sugar and seal tight.

NUTS.

If served with the shells on nuts should be wiped. They are merely piled high in the center of the dish with or without green leaves around the edge. It is best to crack them, however, and serve them with salt. Nuts with a tough skin, like almonds, should be blanched. Almonds, filberts, Brazil-nuts, hickory-nuts and walnuts, go well with raisins. Nut crackers should always be provided if any of the nuts are uncracked.

BRAZIL-NUTS are the seeds of a majestic and beautiful tree which grows to a height of 100 to 120 feet. When fresh the fruit is agreeable. It contains a very large amount of oil. They are rather difficult of digestion.



PRICKLY PEAR.



BRAZIL-NUT.

CHESTNUTS, ROASTED.—Wash the chestnuts, make a slit in the side of each one; boil 10 minutes in water enough to cover them; then drain and bake in a dripping pan for 10 minutes in a hot oven. Serve hot with salt.

SUGARED ALMONDS.—Put into a sauce-pan $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup boiling water; boil $\frac{1}{2}$ hour, and add 1 cup blanched almonds; boil till the sugar grains (about 5 minutes) stirring constantly; then turn them on a buttered dish to cool.

For Glazed Almonds proceed the same way, but after the sugar grains cook until it begins to brown; then add $\frac{1}{2}$ cup boiling water and cook until that evaporates and they are a dark brown; then spread them in a shallow pan, and dry them in the oven.

SALTED ALMONDS.—Shell, blanch and dry the almonds; allow 2 teaspoons butter for each cup of almonds; put these in a frying-pan or baking-dish and cook, with moderate heat, until the almonds are a delicate brown, stirring frequently—it will take about $\frac{1}{4}$ hour. Then sprinkle with salt. Put them on at the beginning of the meal and serve them with the crackers and cheese.

Peanuts can be salted the same way, first removing the shell and brown skin. Walnuts can be salted the same way also.



ALMOND TREE.

DRIED FRUITS.

Many people do not appreciate the value of dried fruit. A large part of the water evaporates when the fruit dries, and the nutritive portions are left in a more concentrated form. The percentage of nutritive elements in dried apples approaches that of bread, but one great drawback to the use of dried fruit is that as ordinarily dried many fruits lose much of their peculiar and delicate flavor. Many of the fruits are readily and easily dried and can thus be kept for future use. Cherries and peaches are (next to apples) about the best of the dried fruits.

Fruits like apples, etc., can be dried by putting them on a kind of sieve-like holder, and submitting them for $3\frac{1}{2}$ hours to the action of a cold air blast. Thus dried they are superior to fruits dried by the sun or hot air.

The new process of preparing fruit by evaporation has overcome many of the objections to the old fashioned dried fruit, and its sale has increased enormously. It is probable that the sale of evaporated fruit will in the near future partly or possibly largely supplant canned fruit in the market, as it possesses many advantages. It is healthful and its use desirable.

Fruit which is to be dried should be ripe and sound. It should be spread in a single layer on boards or in shallow boxes. Insects may be kept away by covering it with mosquito netting. Keep it spread in the hot sun until it is fully dry, as indicated by its turning

dark; never set it out in damp or cloudy weather, and always bring it in before sunset, to prevent the dew from falling on it. The oven is an excellent place to dry any fruit, as it dries more quickly, and is not so much exposed to insects; but do not let the oven become hot enough to scorch the fruit at all. Fruits are still further preserved often by the use of sugar, as in some of the recipes which follow.

Keeping it.—Dried fruit should be kept in a cool, *dry* place, away from the light, tightly tied in thick paper bags, or in closely covered jars. By turning it occasionally into a tin pan and setting it in a hot oven for a few minutes, and then tying it in the bags again, there will be no trouble with worms, but to reheat it thus, injures its flavor and makes it dark colored. Security against moths is secured by using paper sacks, tightly tied, or a box or barrel lined with paper. To avoid frequent opening of large packages it is best to keep a small quantity on hand in fruit jars. It is sometimes advised to scatter sassafras bark among dried fruit to keep away the worms; but its flavor will spoil the fruit for many people, so that it is better not to use it.

To cook dried fruit let it soak a few hours, or over night, in soft water, and it will then need less boiling; then slip it carefully into an aluminum, earthen, granite or porcelain-lined sauce-pan, and cook it in the same water until done, thus keeping it in shape; it is best not to add the sugar for sweetening until about 5 minutes before taking it from the stove. Another good way is to drain the water off when soaked, add sugar to make a syrup, let it boil up, turn in the soaked fruit and cook until tender; it equals canned fruit when thus cooked.

DRIED APPLES.—The apples should be pared, cut into slices, and dried in the sun or the oven as above explained.

Pears and Quinces can be dried the same as apples.

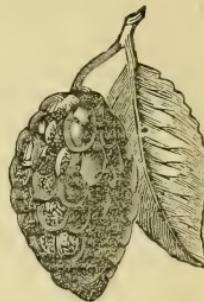
Apples, to Skin.—By pouring scalding water on apples the skin may be easily slipped off and much labor in paring them saved.

DRIED BLACKBERRIES.—The cheapest way to preserve them is to carefully dry them in the sun as you would apples. Thus preserved they make excellent pies. Keep them in a dry, cool place.

DRIED CHERRIES.—(1) Cherries may be put into a slow oven and thoroughly dried before they begin to change color. They should then be taken out of the oven, tied in bunches, and stored away in a dry place. Particular care must be taken that the oven is not too hot. (2) Another method is to take the stones and stems from ripe cherries; spread them on flat dishes, and dry them in a warm oven or the hot sun; pour whatever juice may have run from

them, a little at a time, over them; stir them about, that they may dry evenly. When they are perfectly dry, line boxes or jars with white paper, and pack them close, in layers; strew on a little brown sugar, fold the paper over, and keep them in a dry place. (3) Another plan for cherries is to take equal quantities of cherries and sugar; boil the sugar to a caramel; have the cherries stoned, throw them into the caramel, and let them cool. Then take them out and put them in a sieve to dry, in a slow oven, watching them carefully.

DRIED CITRON.—Pare and quarter it, and boil it in water until it is clear, and so tender that a broom-straw will readily penetrate it; then have ready a syrup of sugar and water, drain the citron, and boil it in the syrup until the sugar permeates it; then dry it slowly, spread out on dishes, turning it occasionally, and sprinkling on powdered sugar several times. When sufficiently dried, pack it in alternate layers of citron and sugar, in boxes and jars. It can be used for cakes, etc.



CITRON.

THE CITRON belongs to the same genus as the orange and lemon. It is a native of India, but is cultivated in all orange-growing countries. It is aciduous, antiseptic, and antiscorbutic and has been recommended for chronic rheumatism, gout and scurvy. It is not unsuited for eating in its natural state, and the juice mixed with water and sweetened forms an excellent drink. The prepared rind or peel is much used for cooking and confectionery.

DRIED Currants.—Put alternate layers of currants and sugar in a jar, using 1 cup of sugar to each pound of currants; let stand until the next day and bring them to a boil, and boil $\frac{1}{4}$ hour; skim them, and then dry in a slow oven or the sun, spreading them out on plates. They serve well in pudding or pies instead of raisins. Keep them in paper bags, or in stone crocks well covered, or pack them in sugar in glass jars.

DRIED GOOSEBERRIES.—(1) To 7 lbs. of red gooseberries, add $1\frac{1}{2}$ lbs. powdered sugar, which must be strewed over them in the preserving pan; let them remain at a good heat over a slow fire until they begin to break; then remove them; repeat this process for 2 or 3 days; then take the gooseberries from the syrup, and spread them on sieves to dry. The syrup may be used for other purposes. When the gooseberries are quite dry, store them in tin boxes on layers of paper. (2) They are sometimes dried in a moderate oven or the sun, without the sugar, as directed for cherries. Select firm, ripe fruit.

DRIED PEACHES.—(1) Take free-stone peaches, cut in halves and place them on plates, hollow side up; fill the hollows with granulated sugar, and place in a slow oven, or in the sun, if the weather is fine, until they are half dry; then pack them in glass jars, hollow side down; first a layer of dry sugar, then a layer of peaches mashed flat with the small end of a potato masher, then layers of sugar and fruit until the jar is full, having a layer of sugar on top. Screw on the covers, and keep in a cool, dry closet. (2) Another way is to put well-ripened peaches in boiling water for 1 or 2 minutes,—a whole bushel can be put in the boiler at once; then turn off the water and the skins can be more easily and quickly removed, they can be stoned easier, they will dry quicker, and are better when dried. Dry them, sprinkled with sugar, in a moderate oven or in the sun. (3) They can also be dried without removing the skins, but the fur should be well rubbed with a piece of flannel; then dry like apples.

PEACH CHIPS.—Use 1 cup of sugar to each lb. of fruit; boil the sugar in water enough to dissolve it, until it becomes very thick; then put in the peaches, which should be peeled and sliced, and scald them well; then take them out with the skimmer and dry in the sun. When dry, pack closely in jars in layers, with powdered sugar between each layer. The syrup left can be bottled, and used in pudding sauces, blanc mangé, etc. The chips can be used in puddings instead of raisins.

DRIED PINEAPPLE.—Pare and slice the fruit thinly, put it on dishes, and strew on it a plenty of powdered sugar; keep it in a very slow oven 8 or 10 days, and turn the fruit every day until dry; then put the pieces of pineapple on tins and place them in a quick oven for 10 minutes. Let them cool, and store them away in dry boxes, with paper between each layer.

DRIED PLUMS.—These need not be pared; rub the skin thoroughly with a piece of flannel, and dry in the sun or an oven, like apples.

DRIED WATERMELON RINDS.—These can be dried in the sun after being preserved, and they can be used instead of the imported citron for cakes and puddings, answering very well.

THE MELON belongs to the gourd tribe. It has never been found in a wild state, but is supposed to be a native of the sub-tropical parts of Asia; it is properly the fruit of a hot climate. It was originally named the musk-melon. The watermelon although less sweet than the muskmelon is more juicy. There are many varieties, but all are wholesome. In their season melons are beneficial because of their action on the kidneys, but they should not be eaten unless of good quality and fully ripe. The composition of watermelon is 92% water; 6% carbohydrates; 1% albumenoids; 0.7% fat, and 0.3% mineral matters.

COOKED FRUITS.

Baking, stewing and frying are the simplest and easiest ways of cooking fruit. Do not pare the fruit long before cooking it, or it will discolor by exposure to the air, and its delicate flavor will be impaired. Cook it in aluminum, earthen or porcelain kettles, and use earthen dishes, silver or aluminum knives and wooden spoons, as iron or pewter spoons may cause discoloration. It is better not to prepare a great deal of stewed fruit at once, as it does not keep long. Only a little sugar is needed.

Using Sugar.—Many cooks do not understand the use of sugar in cooking fruit. The sugar in ordinary use is cane sugar, and is $2\frac{1}{2}$ times as sweet as grape sugar, but is closely allied to it, as we have explained elsewhere. Cane sugar can be changed to grape sugar by cooking it with acids and thus its sweetening power will be reduced to that of grape sugar. Some cooks put their sugar in with a mass of acid fruit to be cooked, and keep cooking and adding sugar as the mass gets sweeter until at last they use $2\frac{1}{2}$ times as much sugar as they need to do, because the cane sugar becomes changed to grape sugar. If the sugar had been added after the fruit was cooked, much less would have been required, and the result would have been far more satisfactory. By bearing this in mind a large saving can be made in the use of sugar. Many people misapprehend the effect of sugar on the acids of fruits. Enough sugar can be added to disguise the *taste* of the acid, but it does not neutralize it as an alkali would do, nor does it effect any chemical change in the acid whatever.

APPLE BUTTER.—Boil new cider down $\frac{1}{2}$; then add an equal quantity of apples which have been pared, quartered and cored; boil until the apples are tender, and then sweeten with light brown sugar, and boil, with constant stirring, until it is reduced to a smooth buttery mass; spice to taste and put away in stone jars. If cooked properly, the spices can be omitted if desired, as the true apple flavor is preserved better without them. It is better if left slightly tart.

FRIED APPLES.—Cut sour apples from the cores in small chunks—do not peel them—and put them in a frying-pan with the fat fried from 2 or 3 slices of salt pork; sprinkle a little salt over them, cover tightly with a plate and place on the stove where they will cook slowly $\frac{1}{2}$ hour. Serve as a sauce for meat at dinner. They are also good cold with bread and butter.

BAKED APPLES.—Wash sour apples, wipe them dry, and remove the cores; fill the holes with sugar, and add a little spice and a piece of butter on each apple; put $\frac{1}{2}$ cup of hot water in the pan and bake the apples until tender. Serve with sponge cake. If preferred, a little grated lemon peel can be mixed with the sugar instead of the spice and butter; baste often with the syrup as they bake. Baked apples served with or without flavored milk, are delicious.

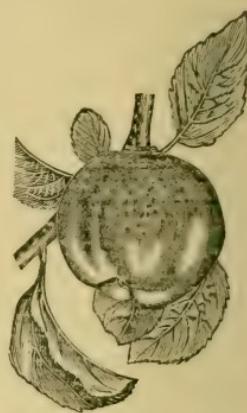
BAKED APPLES, No. 2.—Take tart apples, pare, quarter, and place them in a long, shallow pan, sprinkle with sugar, cinnamon and flour, dot with small pieces of butter, pour in a little water, and bake. Serve warm.

Baked Apples and Oranges.—Take 6 good sweet apples; remove the blossom end, pare, and put in a baking-pan; sprinkle on 1 small cup sugar. Invert a pan over them, and bake until tender; let them cool in their own juice, then pile high in a glass fruit dish; pour the sweetened juice and pulp of 3 oranges over them, and sprinkle on the grated yellow rind.

BOILED APPLES.—Take 12 good whole apples; put them in a stew-pan and pour on 2 cups boiling water; boil until soft, and sweeten on taking them from the stove. Serve hot or cold—best cold.

GLACED APPLES.—Partially stew large whole apples; take them out and bake them. Take the water in which they stewed add white sugar, and boil until it will form a soft candy when cool (about the “crack” degree). Arrange the baked apples on the dish in which they will be served, and pour the syrup over them hot. When cold, an amber coating of soft candy will have formed about each apple, which will add to its appearance and taste.

APPLE MERINGUES.—Take 6 apples, peel, quarter and core them; set them over the fire in a sauce-pan, with 2 tablespoons of water, stirring occasionally until done; then mix 2 or 3 tablespoons of sugar with them, and arrange them into a mound in a silver or tin dish. Take the well-beaten whites of 3 eggs, and add 3 oz. pulverized sugar; spread $\frac{2}{3}$ of this over and around the apples, smoothing it with a knife dipped in cold water; put the remainder in a pip-



APPLE.

ing bag (see "Piping" in our article on "Frosting and Icing" in the chapter on "Cake") and decorate the dish according to taste, or put small knots here and there, over and around the dish. Dust with sugar, and put into a hot oven 20 or 25 minutes. Serve in the same dish.

APPLE SAUCE.—Select 12 sour apples, pare, core, and fill the holes with sugar; when cooked very soft, mash through a sieve into a small pudding dish, and add the grated rind of 1 lemon; beat the whites of 2 eggs and 4 tablespoons of white sugar; add it, and brown slightly. Eat cold.

Improved Apple Sauce.—Pare and core 10 tart apples and stew with as little water as possible; then add 1 cup powdered sugar; whip the whites of 4 eggs to a stiff froth, add to the apples, and stir rapidly for a few minutes. Set aside to cool, and serve with sweetened cream flavored with lemon. It somewhat resembles ice cream, and makes a delicious dessert served with nice cake.

Improved Apple Sauce No. 2.—Too sweet apples do not cook well. Cook the sliced apples, in barely water enough to cover them, until tender enough to mash easily through a colander; sweeten while warm, and season with rose-water, lemon juice and nutmeg. Lemon peel stewed with them adds a delicate flavor.

CIDER APPLE SAUCE.—Take 4 quarts of sweet apples, pared, quartered and cored; add 2 quarts of cider either sweet or boiled; cover with a plate, and boil slowly but steadily until the apples are cooked.

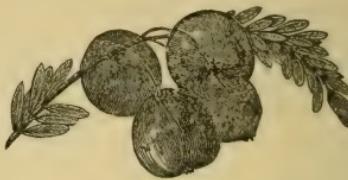
DRIED APPLE SAUCE.—Look over and wash the apples, and let them soak over night in soft water; cook them next morning, slowly and without stirring, until they are tender; about 5 minutes before taking from the stove add sugar to sweeten; mash through a sieve, and flavor with cinnamon.

Dried Peach Sauce can be made the same way, but do not mash it, and season it less.

CRANBERRY SAUCE.—Pick over the berries, wash and scald them, and put on to stew over a moderate fire, adding 1 cup water for each pound of cranberries; cover, and stew slowly, stirring as little as possible. If boiled hard, especially when first put on the stove, it is apt to separate the skin from the berry. Sweeten them to taste on taking them from the stove. Part of the acid can be extracted from the cranberries, so that less sugar will be needed to sweeten them, if they are allowed to stand first, for about 5 minutes, in boiling water;

then drain them out, and set them on to stew with fresh water. A few raisins added to cranberries make a pleasant combination.

Cranberry Sauce No. 2.—Take 3 cups water, 1 lb. of raisins, and 2 quarts of cranberries; boil until soft enough to sift easily; pass it through a sieve, add 2 cups sugar, and boil 10 minutes. If some of it is desired for immediate use pour it into a mold; can the remainder for future use. Or they can be cooked together, sweetened, and set aside to cool without being put through the sieve.



CRANBERRIES.

BANANAS, BAKED.—Peel the bananas, cut them in halves, and put them in a shallow pan; for each banana allow 1 tablespoon of sugar and 1 teaspoon of hot water; melt a little butter in the hot water and pour it over the bananas; with the sugar mix a little salt and spice or lemon juice, sprinkle it on top, and bake in a quick oven till brown—about 20 minutes.



BANANA TREE.

FRIED BANANAS.—(1) Choose bananas which are not quite ripe (the "Plantain" being best); peel, slice, and drop them into a frying-pan containing smoking hot fat, about $\frac{1}{2}$ inch deep; they will soon brown; then take them out and serve hot, sprinkled with pepper and salt, or, if for dessert, sprinkle with sugar instead. (2) Or peel, slice, egg and bread-crumb them, and fry to a delicate brown in a kettle of smoking hot fat; drain on a sieve or blotting paper and serve.

THE BANANA grows almost everywhere in the tropics. It is really a variety of the plantain, and is very much like it. It is a nutritious food, and contains less water and more nitrogenous matter than most fresh fruits. It is always eaten ripe, and then contains much sugar, but little starch. A pound of bananas contains as much nutriment as 3 lbs. of potatoes, and there is every reason to encourage their more extensive use.

DATE SAUCE.—Prepare dates for cooking as directed under "Cake." (1) Pare, core and quarter apples, and stew until nearly done; then add an equal quantity of dates and stew until tender, but no longer; sweeten to taste. (2) Another way is to pare and core apples, without quartering them, fill the center of each apple with dates, pour on a little hot water, sprinkle with sugar, and bake in the dish in which they are to be served; then cover with a meringue and brown slightly in the oven.

DRYED BERRIES, STEWED.—To stew dried berries take about 1 quart of water to 1 pint of berries, and boil slowly and steadily $\frac{1}{2}$ hour. Sweeten to taste. The various dried berries are cooked alike. Raspberries and blackberries mixed are nice, using the same amount of each.

FIG SAUCE.—Scald and wash $\frac{1}{2}$ lb. of nice figs; take every seed from $\frac{1}{2}$ lb. of raisins, tearing them in two pieces as you seed them; cut the figs in very small pieces and mix with the raisins; add water enough to cover them, and steam 1 hour in a pudding dish. It makes a delicious sauce for tea, or dessert for dinner.

GOOSEBERRY FOOL.—Take off the tops and stalks from 1 lb. of gooseberries and stew them with $\frac{1}{2}$ cup sugar in $\frac{1}{2}$ cup water; then pulp through a sieve. Whip 2 cups cream and beat into the pulp.

GOOSEBERRY TRIFLE.—Put 1 quart of gooseberries with 1 lb. of sugar in a kettle and boil until reduced to a pulp. When cold, place in a dish, pour over it 1 quart boiled custard, and cover with whipped cream.

THE GOOSEBERRY belongs to the same order of plants as the red and black currants. It does not appear to have been known to the ancients. The name is by some thought to be a corruption of the Saxon *gorst* (*gorse-berry*, meaning rough-berry). The skin is very indigestible. The acid is principally citric and malic. Red gooseberries contain more acid than the white, but when that is masked with sugar they are most wholesome. The red variety makes an excellent jelly which is light and refreshing, and is good for bilious and plethoric persons, and invalids generally who need light and digestible food, but it is not very nourishing.

LEMON BUTTER.—Take the juice of 2 lemons and the grated rind of 1, 2 cups sugar, 1 tablespoon of butter and 4 eggs; beat all well together, place over the fire, and stir until the consistency of honey.

LEMON JELLY.—Mix 1 cup sugar, 2 eggs, and 1 grated lemon; boil until thick.

PEACHES, TO SKIN.—If peaches are dipped in boiling hot water for an instant the skins will readily slip off, saving labor in paring them.

BAKED PEACHES.—Choose those which are ripe, or nearly so, put them in a deep earthen dish, sprinkle on sugar, and bake until done, keeping them covered.

PEACH BUTTER.—(1) Take 1 gallon of sweet cider and boil



GOOSEBERRY.

it down one-half; into this put soft peaches, pared and cut into pieces, and boil, with frequent stirring, until they are reduced to a pulp; just before taking from the fire add sugar, if it is not sweet enough, and cloves and cinnamon to taste. Keep in tightly covered jars. (2) Take ripe peaches, pare and stone them, and put in a kettle; add a little water and boil them soft, and then pass through a colander. Then add $1\frac{1}{4}$ cups of sugar to each pint of peaches, and boil slowly 1 hour, stirring often; do not let them burn. Keep in a cool place in stone or glass jars.

FRIED PEACHES.—Take ripe, freestone peaches, cut them in two, remove the stones, and at once drop each half, the cut side down, into a frying-pan containing about $\frac{1}{2}$ inch of smoking hot fat; as soon as they are a light brown, turn them over and fry the other side; as soon as heated through, transfer them to a hot platter. Serve them hot, the hollow side up, sprinkling on a little pulverized sugar.

STEWED PEARS.—Cover medium sized pears with water, adding 4 to 6 ounces of sugar for each pint of water; cook in a slow oven until done—1 or 2 hours or more according to ripeness. Take out, and when cold remove the cores, using a long cutter; reduce the syrup well; fill the interior of the pears with whipped cream flavored with vanilla and pour the syrup around them. Serve more whipped cream with them. For a change gelatine may be added to set the syrup; when cold, chop it, and pile around or over the fruit.

Apples are also nice thus treated.

BAKED PEARS.—Pare and core the pears without dividing; place them in a pan and fill the hole in each pear with brown sugar; add a little water and bake until perfectly tender. Serve cold with cream or boiled custard. (2) Hard pears or "windfalls" can be pared, quartered and cored, and put into a deep pudding dish; add 1 cup water and 1 cup sugar for each 2 quarts of pears; cover closely, and bake in a moderate oven—it will take several hours. They will keep then indefinitely, if sealed in Mason jars as soon as they are done, and while still hot. Fruit that is often left on the ground to waste, may be saved thus and made useful.

CHIPPED PEARS.—Take pears not quite ripe; pare and core them, and cut into long, thin strips; to 8 lbs. of the fruit add 6 lbs.



of sugar, the juice of 3 lemons and the rind cut into strips, 2 cups of water and 2 tablespoons of ginger; boil the whole until the fruit is transparent, and then bottle.

THE PEAR belongs to the same order as the quince and the apple, and is one of the most valuable fruit trees of temperate climates; there are about 150 varieties, but none of them keep as well as apples. They are perfectly wholesome when ripe, but not when green, although they may then be stewed. A fermented liquor called *perry* is made from the pear. Its acid is tartaric principally.

PLUM CHARLOTTE.—Take 1 quart of ripe plums, stone, stew, and then sweeten them; place slices of bread and butter in the bottom and around the sides of a large bowl or deep dish, and pour in the plums, boiling hot; cover the bowl and set it away to cool gradually. Send it to the table cold, and eat with cream.

DAMSON SAUCE.—Take 6 lbs. ripe damsons, 1 quart cider vinegar, $1\frac{1}{2}$ lbs. sugar; boil until the damsons are soft, then take them out, mash them, put back into the syrup and boil from $\frac{1}{2}$ to $\frac{3}{4}$ hour, stirring them and watching that they do not stick to the kettle or burn.

PRUNE SAUCE.—(1) Soak the prunes over night; in the morning boil until they will slip from the stones easily; when used, slip them from the stones and serve with thick cream. (2) To 1 lb. prunes when put on to stew, add the juice and thin yellow rind of an orange; when done (when the stones are loose) sweeten with plenty of sugar. This sauce is excellent with rabbit, roast pig, kid, venison or fawn.

STEWED PRUNES.—Select good prunes, wash them, and let soak 1 or 2 hours if dry and hard; then cover them with boiling water, cover closely, and boil until tender and swollen; then for each quart of prunes add 2 tablespoons of sugar, and boil a little more, but not long enough to break the skins. A little lemon juice may be added if they are deficient in flavor.

PRUNES are simply dried plums. They are often used for their laxative effect by persons subject to habitual constipation.

BAKED QUINCES.—Choose ripe quinces, wash and core them, fill the cavities with sugar, put in a baking pan with a little water and bake until soft. They are very fine if eaten with sugar and butter when hot.

STEWED QUINCES.—Choose good quinces, and pare, quarter and core them; add sufficient water to $\frac{1}{2}$ cover them, cover closely, and stew until tender; for each lb. of quinces add 1 cup of sugar, cover closely, and cook until a thick syrup. If $\frac{1}{2}$ as many apples as quinces are used it makes a nice dish.

RAISINÉ.—Take very ripe but quite sound grapes, squeeze the juice from them and boil until it is reduced a half. Peel and core some pears, quarter them, put them in this grape syrup, and boil till it is reduced a third. It may be made with unripe grapes, but then sugar must be added, allowing $\frac{1}{4}$ lb. to each pint of grape juice.

STEWED RHUBARB.—Peel it, cut into inch pieces, stew it until soft, and sweeten to taste. If very sour, it can be allowed to first stand 5 minutes in boiling water, then drain it out and put it in fresh water to stew. This extracts part of its acid, and less sugar is then needed to sweeten it. Rhubarb and green currants mixed together, stewed, and sweetened to taste, make a pleasant sauce.

RHUBARB BUTTER.—To each pound of rhubarb, which is peeled and chopped, allow 2 cups sugar; let them simmer together until it is done.

A HINT.—If equal quantities of rhubarb and any other kind of fruit are mixed together the rhubarb will soon taste exactly like the other fruit.

RHUBARB is a native of Asia, and its introduction into Europe is of quite recent date. It belongs to the buckwheat order. Although it cannot be eaten raw, when cooked it is much used. All kinds are best for culinary purposes when blanched. The stalks are sometimes partly blanched by putting a headless barrel over them and allowing them to grow up through it. Its food value is small, not $\frac{1}{4}$ of its solid matter being nutritive. It contains about 2% of sugar, which is its chief nutritive element. Its sour taste is due to the presence of oxalic acid, of which it contains 0.8%. In some conditions of the body, rhubarb, sorrel, and other plants containing oxalic compounds, are best avoided. Oxalic acid is always and everywhere an irritant poison, but the amount in rhubarb is small.



RHUBARB.

TAMARIND SAUCE.—Fill a stone jar with thoroughly ripe tamarinds, and put into a cool oven until quite tender, adding during the stewing enough sugar, but not more than enough, to take away the extreme acidity of the fruit; then rub through a sieve.

The tamarind sold in the markets is often adulterated with copper. Its presence may be detected by putting in a piece of polished iron or steel and leaving it for a while; if copper is present the metal will be coated red with it.



TAMARIND TREE.

TOMATO BUTTER.—Scald the tomatoes, remove the skins, and add $\frac{1}{4}$ as much pared, cored and quartered apples as there are tomatoes; cook slowly, stirring often, till reduced to the consistency of

marmalade; when the apples begin to break, sweeten to taste with light brown sugar, and add the juice of 1 lemon and 1 teaspoon ginger, if desired, for each 6 lbs. of the fruit.

COMPOTES.

These are the French method of preparing the English stewed fruit. Compotes consist of any kind of fresh fruit, partly cooked in a syrup less strong than that used for preserves or jam, and are used the same day they are made. If enough sugar is allowed they will keep good for 2 or 3 days, in a cool place. If there is any sign of mold or fermentation, it may be checked on its first appearance by boiling the preparation a second time for 1 or 2 minutes. They are more economical and wholesome than pastry, and superior compotes can be served for dessert. They are much relished by persons who cannot eat raw fruit. They should be served in a glass dish with cake.

The essential thing to remember in making compotes is that the fruit should not be cooked as thoroughly as when it is to be served as stewed fruit; it must not cook enough to lose either its form or color. After the fruit has simmered in the syrup, lift it out with a skimmer, arrange it in a glass dish (called a *Compotier*) boil the syrup a little, let it cool, and pour it over, straining it if it needs it. If an insufficient amount of sugar is used the syrup will not be clear and bright.

Syrup for Compotes.—A good rule is to allow 3 cups of water for each lb. of sugar; boil it 15 minutes, removing the scum carefully as it rises; the syrup is then ready for use. Articles boiled in this will not keep long, it being suited only for dishes intended to be eaten immediately; more sugar must be added for syrup intended to keep. Also the kind of fruit and its ripeness will affect the amount of sugar needed.

COMPOTE OF APPLES.—Select moderate sized apples; either pare, halve, and core them, or cook them whole if preferred; then add prepared syrup and let them simmer until tender, adding a little lemon juice; lift out the apples and boil the syrup a little to thicken it; cool it and pour it over the apples. Garnish it with strips of green angelica, candied citron, or a border of rice jelly or plain boiled rice, or put a slice of lemon on each apple.

Pears, Peaches, Apricots, Bananas and other fruit may be prepared the same way, but it is best to stone peaches or apricots.

Oranges should be peeled and divided into sections without breaking the thin skin; then treat them as directed for apples.

BANANA COMPOTE.—Peel and slice the bananas and place them in a dish (alternate layers of red and white bananas look nice), pour over them the hot syrup for compotes, let stand till cold, and serve with whipped cream.

COMPOTE OF FIGS.—Dissolve $\frac{1}{4}$ lb. of loaf sugar in 2 cups of water; add 1 lb. of dried figs, a little grated lemon rind, and stew all very gently for 2 hours. Have some sponge cake ready, cut into squares; lay a stewed fig on each square, add a little lemon juice to the syrup, which should be pretty thick, and pour it over the figs. Serve when cold with thick cream or whipped cream. It makes a dainty, cheap and wholesome dessert.

A **Compote of Green Figs** can be made with $1\frac{1}{2}$ pints of green figs and 1 pint of the prepared syrup, and proceed as directed for a compote of apples.

THE FIG is a native of Persia, Asia Minor, etc. The common fig in its native land bears 2 crops a year. The figs of commerce come mainly from Turkey and the countries bordering on the Mediterranean. The fruit contains about 57 per cent. of sugar, and is wholesome and nutritious, but the seeds are indigestible, and sometimes have an irritant action on the bowels.



FIG TREE AND
FRUIT.

GOOSEBERRY COMPOTE.—Gooseberries for compote should not be very ripe; top and tail them, pour on some boiling water, then take them out and plunge them into cold water containing a little vinegar, which will assist in keeping the color good; then drain them, put them into the syrup, and proceed as directed for apples, being careful not to break their skins.

RASPBERRY COMPOTE.—Use ripe fruit and allow just enough red currant juice to cover, or a little water may be mixed with it. Use a shallow dish, add a little granulated sugar to the currant juice and as soon as it boils put in the raspberries and cover; then remove from the fire, and when cold pour into a dish.

This is delicious with puddings hot or cold, or with plain or frozen cream, and is also excellent iced.

RHUBARB COMPOTE.—Cut the rhubarb into inch lengths, and boil it fast in plenty of water until soft; at once drain it from the water, put it in a dish and sprinkle on sugar ($\frac{1}{2}$ lb. or so for each lb. of fruit); leave until cold, and there will be plenty of syrup.

STRAWBERRY COMPOTE.—Put alternate layers of strawberries and sugar in a stew-pan, add a gill of currant syrup for each lb. of fruit, shake it over the fire for a minute or two and then turn it out to cool. Flavor it if liked.

JAMS, JELLIES, MARMALADES, AND PRESERVES.

JHESE include all those preparations of fresh fruit made with a sufficient quantity of sugar to prevent fermentation, without the process of sealing them in cans or bottles while hot.

They have been used from time immemorial under the name of sweetmeats or preserves. A goodly array of preserves and jellies in her store-closet will fill the heart of the thorough housewife with great satisfaction, and although it is some work to make them she will know that they are pure and healthful, while often there is much uncertainty about those bought at the stores.

GENERAL SUGGESTIONS.

The Fruit.—Fruit intended for preservation should be gathered in dry weather, and, if possible, while the morning sun is on it; it will then have its finest flavor, and will keep better than when gathered at any other time. It should be used as soon as possible after it is gathered; if kept a short time, put it in a refrigerator or ice-house—in the latter it will keep fresh and plump for several days. Fruit that is dusty is not injured by being rinsed quickly in and out of cold water, but if gathered during or immediately after a rain the juice will be less rich and less full of flavor; if gathered in damp or foggy weather it will soon mildew, and so will be worthless unless used immediately, and boiled very thoroughly, when it can be made into jams or preserves that will keep, but they will be of inferior quality and doubtful wholesomeness. There is no greater mistake than to imagine that half-ripe or over-ripe fruit is good enough for preserves. The fruit should be free from dust, and any which is unsound should be cast aside. Whatever fruit has been boiled should be finished up the same day, and never any kept over night. Quinces, pears, apples, etc., can be kept from turning dark by putting them in cold water as soon as pared, but it is better to cook them as soon as possible.

The Sugar.—The best quality of sugar either white or brown will be found the cheapest in the end. For the more delicate kinds of preserves only the best sugar should be used. Jelly made from a bluish white sugar will not harden well. An inferior quality of

sugar is sometimes used for preserves or canned fruit, but when that is used they will spoil more easily, and will not look as well. If too little sugar is used the mixture will not keep, and it is false economy to try it. If too much sugar is used, on the other hand, the flavor of the fruit will be lost. Coarse brown sugar conceals the flavor of the fruit, and moist sugar lacks sweetening power.

The water used for melting sugar should be pure, clear and entirely free from sediment, as any cloudiness will impair the clearness of the product, and in clear jellies this is objectionable.

The Utensils Used.—The best vessels to use in cooking fruits for preserves or canning are aluminum, porcelain-lined kettles or yellow ware dishes. Never use tin vessels, as the acid of the fruit acts on the tin and the poisonous acetate of lead is formed. To cook the fruit equally throughout, the vessel should be rather large in diameter and not too deep; if too much heaped the fruit will not cook evenly. Close fitting covers should be provided, and put on after the scum has done rising, so as to retain the flavor of the fruit with the steam. Wire sieves and iron pots destroy the flavor and should not be used. Copper or brass kettles should be scoured very bright with salt and vinegar before being used, and the fruit removed at once on taking it from the fire, but even then some of the poisonous *verdigris* will be formed by the action of the acids on the metal. Porcelain-lined vessels are much better. Aluminum vessels are excellent to use, because the citric, malic and other acids found in fruits do not affect that metal.

Fruit should be stirred with either an aluminum, silver or wooden spoon—the latter is best. Iron, tin or pewter ones will spoil the color.

THE PRINCIPLES INVOLVED.—Although the sugar passes easily into the state of fermentation, and is in fact the only substance capable of undergoing the vinous stage of that process, it will not ferment at all if the quantity be sufficient to constitute a very strong syrup; hence syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use honey was employed in preserving, but it is now replaced by sugar. In putting up juice or fruit, the object is to boil it with sugar to such a consistency that it will neither ferment nor mildew.

In boiling most fruits, it is best to boil them in water first, and add the sugar when the fruit has become soft and the juice is drawn out. The first object in preserving fruit is to soften it by boiling in water, so that the sugar by which it is preserved may penetrate *all through it*, and so preserve it well. The more thoroughly the skimming is done the clearer the preserves will be.

Fruit jellies owe their jelly-like consistency to the presence of a sort of gum-like substance which they contain called *pectose*, or *pectic acid*. This substance, although soluble in fruit juice, when mixed with sugar, exposed to heat, and cooled, will coagulate. Although in appearance so much resembling gelatine, from a chemical standpoint it is entirely different, being nearly allied to *gum*, but it has about the same food value as the sugar with which it is mixed. The pectose does not develop in fruit until it begins to ripen, but as soon as the fruit is over-ripe it

loses its gelatinizing property. For jellies, therefore, fruit should be gathered as soon as fully ripe, or just a little before. Over-cooking jelly also destroys the gelatinizing properties of the pectoœ.

The chemical composition of the various preserves is simply the composition of the fruit juice and fruit itself, with the loss of a few volatile constituents, and the addition of cane sugar.

Home-made preserves, jams, etc., when properly prepared and well made, are much superior to those which are sold in the market. Professor Sharpless says that "apple sauce is frequently pumpkin boiled with cider; that raspberry jam offered for sale is often sour, and that strawberry jam is frequently made from the refuse strawberries of the market."

Putting in Jars and Keeping.—Put jellies, jams, and marmalades in small glasses, which will prevent the frequent opening necessary with large ones. The usual method has been to lay on top a piece of paper dipped in brandy or alcohol and cut to fit nicely, and then paint a larger piece with white of egg and tie it on over the other—some people tie on parchment. A much simpler and easier method for jellies is when they get cold to pour on melted parafine. It hardens almost immediately, and then a piece of brown paper can be tied on to keep out the dust. The parafine will lift off easily, and it can be washed, kept, and used again by remelting.

If any of the preparations become candied, set the glasses in water and let it boil around them, which will remedy it. If jellies are put in wine bottles for exportation, put 1 tablespoon of alcohol in each bottle before sealing. Look over jellies the last of the summer, and reboil them if there are any indications of fermentation.

The glasses or jars into which jams, preserves, etc., are put, should be perfectly dry, and the closet in which they are stored should be neither so warm that they ferment, nor so damp that they become moldy.

Preventing Mold.—Jellies can be kept from molding by covering the top, when cool, with pulverized sugar, melted parafine, or oil, like salad or cotton seed.

Mold.—Remember that mold is a low form of life (it is a plant) and a certain amount of moisture is necessary to its growth. Its seeds are so small that they penetrate the tiniest crack, and the mold spreads readily from one thing to another. If specks of mold appear, the plant can be killed by putting the jars in a well-heated oven, or by putting them in a pan of water and letting it boil around them. Its presence is always an injury, detracting from both the wholesomeness and flavor of the article it attacks.

Keep jellies, jams, etc., in a dark, cool, dry closet. Paste on the side of each glass a little strip of paper bearing the name of its contents. If glass jars are used for preserves, wrap 2 or 3 thicknesses of paper around each one, which will exclude the light and keep them from bleaching.

Coloring.—The only coloring suitable for any fruit preparation is

some vegetable color, like those we give for "Frostings" in our chapter on "Cakes," but they should be used sparingly.

JELLIES.

These are made with clear fruit juice and sugar, the usual rule being to mix them in equal proportions. As, owing to the change in its pectose, fruit will not make jelly when it is over-ripe, it should be gathered for this purpose just as it turns ripe. If you wish clear, firm jelly, do not make it in damp or rainy weather.

When a sweet fruit, like the pear, etc., is used in making jelly, add some very sour apple juice—say about half; or for strawberries use red currant juice. Alone, the sweet fruits do not make good jelly because they lack pectose—the substance which causes fruit juice to jelly. Gelatine is sometimes added with cherries and some other fruits; allow a package to each $\frac{1}{2}$ gallon of juice when it is used. Grapes are unreliable. Crab apples jelly readily. Combining 2 fruits, like $\frac{2}{3}$ currants to $\frac{1}{3}$ raspberries, improves the flavor of jams and jellies. Another excellent combination for jelly is $\frac{1}{3}$ apple juice to $\frac{2}{3}$ peach juice. A delightful jelly is made from swamp huckleberries or low blackberries. Barberries, currants, apples, grapes and quinces all jelly well. Damsons make an excellent jelly.

To Make Jelly.—In making jellies cut large fruit into small pieces; add water enough to prevent the fruit from burning—apples and quinces need just enough water to cover them, and currants less; cover the kettle and boil slowly until the fruit is soft. Then put both fruit and juice into the jelly bag, and allow it to drip, setting it in a warm place. Toward the last, squeeze the bag gently with the hand, or use 2 spoons, but do not be too anxious to squeeze out *all* the juice, as the more you squeeze it the cloudier you will make the jelly.* Measure the juice, and the general rule is to allow 1 lb. sugar to each pint of juice, but quinces need only $\frac{3}{4}$ lb. sugar to each lb. of juice. Now put the juice on the stove, bring it to a boil, and continue to boil without being covered, until done—20 minutes being the rule for most fruits; skim frequently, as the more perfect the skimming the clearer the jelly will be; do not boil it too hard. Have

*Note.—Squeezing all the juice out of the bag makes the jelly cloudy; if it is not squeezed, much of the contents of the bag is often wasted. To prevent the waste some housewives use the juice which will drip through without squeezing, and make a clear jelly for table use. The balance they squeeze out, and with it they make a second quality of jelly to use for cake, puddings, sauces, etc. It is good, but not so clear.

the sugar ready heated (heat it in the oven while the juice is boiling, stirring it frequently from the bottom), and now drop it into the boiling juice, stirring constantly. Let it just come to a boil, and put at once into the jelly glasses; or another plan is to have a heated pitcher ready, with a piece of cheese cloth wet in *hot* water spread over the top. Pour the jelly, a dipperful at a time, through the strainer into the pitcher, and then turn it from the pitcher into the glasses, and set away to cool. The jelly glasses can be standing ready in a pan of hot water; take them out, drain, and turn in the jelly.

In making jelly it should boil neither too long nor too short a time; if it boils too long a time it will be discolored and its flavor injured; if insufficiently boiled it will not keep well. The longer it boils the darker it becomes. If the juice is very watery, and the effort is made to evaporate the water by long boiling, the gelatinizing property is destroyed, and it becomes gummy and will not jelly.

To Test Jelly.—There are various ways: (1) Drop a little into cold water or on a cold plate, stirring it for a few seconds, and if it coagulates it is done; or (2) let 1 or 2 drops fall from the skimmer into a glass of cold water; if it reaches the bottom a solid drop of jelly, without dissolving in the water, it is done; or (3) dip the skimmer in and out, holding it sideways over the jelly; if it runs off in only one place it is not cooked enough; if it runs around the skimmer and drips off in 2 or 3 places in wide thick drops, it is done.

Hardening Jelly.—Jelly which is not quite as firm as desired can be shrunk by setting the glasses in the sun.

To prevent breaking the glasses when pouring in the hot jelly, several plans are in use. One plan is to rub the glass over on the outside with lard or butter, and then pour in the first 1 or 2 spoonfuls slowly. Another is to stand the glasses while being filled on a folded towel wet with cold water. Another plan is to put a silver spoon in the jar; but the folded towel is the best plan.

Jelly bags should be made of white flannel, and wrung out of hot water, to prevent their absorbing too much of the juice. Tie the top of the bag closely when the liquor is all in, to prevent the flavor from evaporating. A wooden frame on which to tie the jelly bag while it is dripping, is a convenience. Use the bags for nothing but making jelly.

Waste nothing when making jellies; the pulp can be put up as marmalade for tarts and cake fillings.

To remove jelly from a glass, dip it into hot water for an instant; then take it out, and the jelly will come out easily and whole.

The prevention of mold, keeping jellies, etc., are discussed in the preceding "General Suggestions" (which see).

APPLE JELLY.—Use good, sour apples; slice them thin, seeds, skins and all; let them simmer with only the addition of a little water, until well cooked and soft; strain, add 1 lb. sugar to each pint of juice, and finish as directed previously for making jelly. If desired, a little lemon flavor can be added.

PLUM AND APPLE JELLY can be made by using 1 part plum juice to 2 parts sour apple juice, and finishing like other jelly. It is very good.

CRAB APPLE JELLY.—Cut them into pieces, but do not pare or remove the seeds; boil until soft in a jar set in hot water, adding barely water enough to cover them; mash them, drain off the juice without squeezing; use 1 lb. sugar for each pint of juice, and finish as before directed. A little lemon juice can be added for flavor if desired; or a little stick cinnamon boiled with the juice and taken out before putting in the sugar, is good.

The pulp and juice which remain can be made into *marmalade*. Add more water and cook to a pulp; strain through a sieve to remove skin, cores and seeds. Add brown sugar to the pulp, pound for pound. It needs careful watching and stirring to prevent burning.

DRIED APPLE JELLY.—Boil the dried apples until tender, strain through the jelly bag, and allow $\frac{3}{4}$ lb. sugar to the pint of juice; adding a little lemon juice will improve the flavor; then finish like other jellies.

BLACKBERRY JELLY.—Choose berries which are under rather than over ripe; the wild berries are best. Cook till soft, adding very little water; strain through the jelly bag, and allow 1 lb. sugar to each pint of juice. Finish like other jellies.

Raspberry and Strawberry Jellies are made just the same way.

RED Currant JELLY.—Choose good, ripe currants; pick them over, but do not stem them; wash, drain and mash them in a porcelain kettle; it will darken the jelly to heat them now; use a wooden masher; drain over night in the jelly bag, but do not squeeze it. Use 1 pint sugar to 1 pint juice; boil and finish as directed for jellies. After putting in the hot sugar, let it boil till it thickens when exposed to the air on the spoon (which will be in 3 to 5 minutes) and then put it into the glasses immediately. A second grade of jelly, not so clear, can be made by squeezing the remaining juice out of the currants, and finishing it like jelly.

Various Jellies.—A very nice jelly is made by using red and white currants in equal parts. A *raspberry and currant* jelly can be made

by using 1 part red currants and 2 parts red raspberries. It is very fine. A *wild cherry and currant* jelly can be made by stewing 2 parts wild cherries (stones and all) and 1 part red currants.

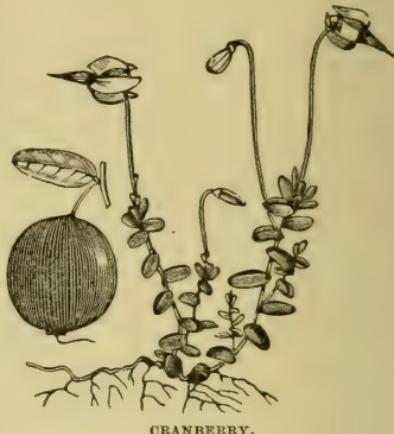
White currant jelly can also be made like other currant jellies.

CHERRY JELLY.—Pick the fruit (Morellos are best) when not quite ripe; wash and put on the stove in cold water *with the pits in*; let it simmer (not boil) until the cherries are white and tender; strain through the jelly bag, allow 1 pint sugar to 2 pints juice, and cook briskly until done. Cooks sometimes add $\frac{1}{3}$ part of red currant juice, but cherry jelly can be made without it. Leave the pits in because a large part of the pectose is in the pits.

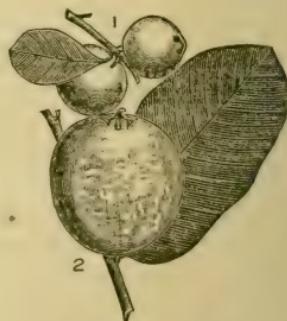
CRANBERRY JELLY.—Pick over the cranberries carefully, and put 2 cups water in 2 quarts of cranberries; let boil, stirring occasionally, until soft enough to mash; strain, and finish like other jellies. Use 1 lb. of sugar to 1 pint of juice.

THE CRANBERRY is nearly related to the bilberry. The species are all natives of cold countries, and grow well on swampy land. The fruit is too acid to be eaten raw, but has a very pleasant taste when cooked. The juice contains malic and citric acid.

GUAVA JELLY.—Take ripe guavas, pare, quarter, and drop the sections into cold water. Simmer them till tender in water enough to nearly cover them; strain, hanging the bags up to drain all night, but do not squeeze them; boil the juice 1 hour, uncovered, skim, and add white sugar, using 1 scant pint to each pint of juice. Let simmer till the jelly is clear, add lemon or lime juice to taste, and let simmer $\frac{1}{2}$ hour more, skimming frequently. Pour into jars and seal when cold. Guava jelly can be made from any species of guava, and it is known the world over as one of the most delicious of all conserves.



CRANBERRY.



1. MEXICAN GUAVA
2. WEST INDIAN GUAVA

GOOSEBERRY JELLY.—Take full-grown, but not quite ripe gooseberries; cover with water and boil until they are soft; strain the juice, and allow 1 lb. sugar to each pint of juice; finish like other jelly.

GRAPE JELLY.—Isabella, Concord or Clinton grapes are best to use; have them freshly picked, and finish as directed for other jellies, using 1 lb. of sugar to 1 pint of juice.

GREEN GRAPE JELLY.—Use green grapes; wash, stem, and cook till soft with a very little water; mash with a wooden pestle, strain through the jelly bag, and allow $1\frac{1}{2}$ lbs. sugar to each pint of juice. Finish like other jelly. It makes the nicest jelly there is to go with poultry and game, and is superior to ripe grape jelly.

MANGO JELLY.—Make as directed for guava jelly, only peel the mangoes, stone them, and throw them, before being cooked, into a very weak solution of lime or lemon juice.

PEACH JELLY.—Use 1 part very sour apple juice to 2 parts peach juice, and make like other jellies. Equal parts are sometimes used. A little lemon juice is sometimes added.

Pear Jelly can be made the same as peach jelly.

PLUM JELLY.—Choose the common blue plums, wash them, cook until soft in a porcelain kettle, adding 1 cup water to each 2 quarts plums; then drain through the jelly bag, and finish like other jellies.

Damson Jelly is made the same way.

THE PLUM has been cultivated from ancient times, and the first fine varieties were probably introduced into Europe from the East, the *Damson* or *Damascene* taking its name from Damascus. When perfectly ripe the best varieties are wholesome. Some varieties are too astringent, though by baking they lose much of their bad qualities, and are used in tarts and preserves, but they should be used with moderation. If eaten unripe, they are almost sure to cause diarrhea. They are not very rich in sugar, but contain much pectose or vegetable jelly, which gives them their gelatinizing quality.

QUINCE JELLY.—Cut the quinces into small pieces, and put them, skin, seeds and all, into a preserving kettle (a large part of the pectose is found in the seeds); cover with water and boil till soft; mash, and drain in the jelly bag over night; allow 1 lb. sugar to each pint of juice, and boil to the jelly degree. The pulp of the quinces, left after making the jelly, can be rubbed through a fine colander,



MANGO.



DAMSONS.

and, using as much sugar as pulp, boil them together for marmalade. Another plan is to use the best portions of the fruit for canning or preserves, and make jelly with the hard parts, cores and skin, and this works well. Sour apple juice is sometimes mixed with quince juice.

RHUBARB JELLY.—Cut the rhubarb into pieces about 1 inch long, but do not peel it; cook it to a soft pulp in water enough to cover it; strain through the jelly bag, and allow 1 lb. sugar to each pint of juice; finish like other jelly. Apple and rhubarb mixed together, and finished like other jellies, is very nice; flavor it with lemon.

WILD PLUM JELLY.—Gather wild plums just before they ripen; use 7 pints of water to 5 pints of plums, and boil until they fall to pieces; then strain through the jelly bag; allow 1 lb. sugar to each pint of juice, and boil rapidly to the jelly degree. They make very nice jelly. Some cooks boil the plums with water until they burst, and then throw it away because of its bitterness; then boil the plums again in water to cover them until they fall to pieces; then finish as above. The pulp remaining can be made into a good *marmalade* by using the pulp and sugar pound for pound.

TUTTI FRUTTI JELLY.—Use equal quantities of red currants, red raspberries, strawberries and morello cherries; stone the latter carefully saving all the juice; mix together all the fruit and squeeze it well; after straining through the jelly bag, allow 2 lbs. sugar to each pint of juice, and finish like other jelly.

MARMALADES.

These are made from the pulp of fruit boiled with sugar. If marmalade is made at the same time with jelly, the pulp left from the jelly can be used and waste prevented. Rub the pulp through a sieve, and for acid fruits the rule is to allow equal weights of sugar and pulp; sweet fruits need a little less. If too much sugar is used the sides and tops of the vessels containing the marmalade will be covered with a coating of sugar, and it will candy or crystallize; fermentation will take place if too little sugar is used, or the boiling is insufficient. The rule is to boil slowly $\frac{1}{2}$ to $\frac{3}{4}$ hour, with frequent stirring to prevent burning.

To Test Both Marmalade and Jam let a spoon of it cool on a plate; it will be done if it looks glittering and dry, and neither moisture nor juice collects on it.

If the sugar is not added until the fruit is mashed and cooked, less boiling will be needed, and the marmalade will be better and smoother. When done, put it in glasses as explained in the preceding "General Suggestions." Keep in a cool, dry place.

The term marmalade is derived from the Portuguese *marmelo*, meaning a quince, to which it was first applied; but it has come to be applied to similar preparations of any fruit. Marmalades are very wholesome, and serve to stimulate the appetite.

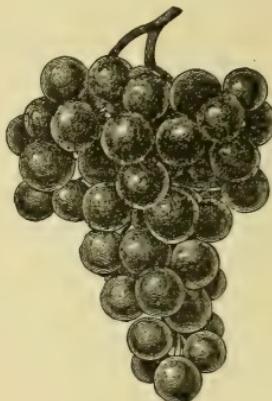
GRAPE MARMALADE.—Pulp the grapes, but put the skins and pulp together into the preserving kettle and let boil. When the skins are tender let cool until you can work the mass through a fine colander. Wash the kettle and return the strained grapes, set over the fire, and add the same measure of sugar as there is of the grape. Let boil 5 minutes, and put hot into jelly tumblers. If the grapes are not quite ripe the marmalade will be more firm.

ORANGE MARMALADE.—Pare the yellow rind carefully off the oranges; remove the thick white rind and squeeze the pulp through a sieve; add $\frac{1}{2}$ cup of water to 4 lbs. fruit, and set on to boil; add the yellow parings of the rind, cut into pieces, and boil $\frac{1}{2}$ hour, or until the rind is soft; the juice, pulp and yellow peel of a lemon can be added if liked; add 1 lb. sugar to 1 lb. pulp, boil a few minutes and put into jelly glasses.

Rhubarb can be added instead of the lemon if desired; use 1 quart of sliced rhubarb for 6 oranges and boil with them. It makes a fine combination and gives a variety.

PEACH MARMALADE.—Choose fine, ripe peaches; pare, stone and cut them up; add a very little water and cook in the farina boiler until reduced to a pulp; pass through a colander and allow $\frac{3}{4}$ lb. sugar to each lb. of pulp; put it on the stove and boil until it will jelly, or until it will drop from the spoon in clots. Stir it from the bottom with a wooden spoon all the time it is on the fire to prevent burning. When done, seal in jars.

Apricots, Apples, Pears, Quinces, and other Fruits can be prepared in the same way.



CONCORD GRAPES.

PLUM MARMALADE.—Stone the plums, and put in the kettle with a very little water, boil till the fruit softens, and then mash to a pulp with a wooden pestle; do not take it from the stove, but add 1 lb. sugar to 1 lb. of pulp, and boil 15 or 20 minutes longer; then put it in jars.

QUINCE MARMALADE.—Pare, core and slice the quinces; put the seeds, cores and skins in the kettle, add barely enough water to cover them, and boil *slowly* $\frac{1}{2}$ hour; strain through cloth, and when nearly cold add it to the quinces in the farina boiler and boil until it is reduced to a smooth paste, mashing and stirring the quinces with a wooden spoon; if the flavor is desired the juice of 2 oranges can be added to each 3 lbs of pulp; now add $\frac{3}{4}$ lb. sugar to each pound of fruit, and boil 10 minutes longer, stirring continually. Then put in jars.

No. 2.—Quinces which are not good enough to be utilized in other ways can be used; wash, core, but do not pare them, and cut into pieces; add 1 teacup of water to each pound of fruit, and boil slowly, mashing and stirring with a wooden spoon until soft; add $\frac{3}{4}$ lb. sugar to 1 lb. pulp; boil them together for 5 or 10 minutes, strain through a colander and put in jelly glasses.

Sour Apples or Crab Apples can be put up in like manner.

THE QUINCE is a native of India, whence it was introduced to Greece. The ancients preserved it in honey, or sweet wine reduced $\frac{1}{2}$ by boiling. It makes a fine marmalade and a little added to apple pie improves the flavor.

RASPBERRY MARMALADE.—Either use the raspberries alone, or add 1 cup of red currant juice to each 2 lbs. fruit; boil 30 minutes, mashing and stirring well with a wooden spoon; add $\frac{3}{4}$ lb. sugar to every pound of fruit, and cook 20 minutes more.

Blackberry Marmalade can be made the same way, but without any currant juice.

RHUBARB MARMALADE.—Cut the rhubarb into pieces 1 or 2 inches long; to each $1\frac{1}{2}$ lbs. of rhubarb allow 1 lb. sugar, $\frac{1}{2}$ of a lemon peel cut thin, and $\frac{1}{4}$ oz. of bitter almonds blanched and divided. Boil all well together and put up like other marmalades.

STRAWBERRY MARMALADE OR JAM.—Allow 5 lbs. sugar and 1 lb. currants to 6 lbs. strawberries; mash the currants in the preserving pan with 1 cup water, put it on the stove and boil; then



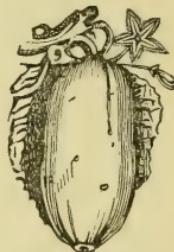
QUINCE.

add the strawberries (which should be picked over), then press and rub them into an earthenware pan through a fine sieve. Let the sugar boil to the consistency of thick molasses, add the fruit pulp, and boil briskly, with constant stirring, for 20 minutes. Skim it, and put into jars.

TOMATO MARMALADE.—First scald, peel and slice the tomatoes; allow 2 lbs. sugar to 1 lb. tomatoes, and boil them down together until well thickened; then add 1 tablespoon powdered ginger, and the juice and peel of 2 lemons, for every 3 lbs. of tomatoes. Boil about 3 hours, skimming off the froth that rises; when very thick put in jars.

VEGETABLE MARROW MARMALADE.—

Pare and core the marrow, cut in thin slices, add 12 oz. of sugar for each pound of marrow and let stand all night; then bring to a boil, stirring constantly, and cook till almost soft; turn into a bowl and when cold add 2 good tablespoons of orange or lemon marmalade for every pound of marrow used; put back on stove, stir to the boil and simmer until it sets.

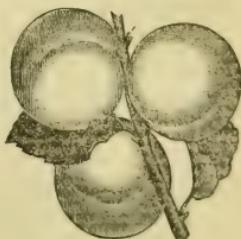


VEGETABLE MARROW

FRUIT CHEESES.

Fruit cheeses are somewhat like marmalades, and they are generally used for desserts. Stone fruits, like plums, quinces, etc., make the best. The method is usually to boil the fruit until it is soft enough to pass through a sieve, and then the pulp is boiled with sugar until it will solidify when cold. Cherries are often used, and gooseberries sometimes.

APRICOT CHEESE.—Wipe apricots, cut them into pieces, and take equal quantities by weight of apricots and sugar; wipe the inside of the preserving pan with fine salad oil, put in the fruit, and boil it to a pulp, stirring all the time; add the sugar, continue to stir, and boil sharply till it is a golden brown; it will cling to the spoon when done, and leave the pan clear. Pour it into small molds and cover. It takes about 6 hours to make. Some people blanch and shred the kernels, and add them.



APRICOTS.

THE APRICOT is a native of Armenia, and belongs to the same species as the plum. Its delicious fruit much resembles the peach. It only keeps a short time, and is either eaten fresh or is made into preserves or jelly. It has sometimes been condemned for its laxative qualities, but this may have been caused by eating the fruit when unripe, or in too great quantities. Delicate persons should use a liberal quantity of powdered sugar with them if they eat them uncooked. The kernels are sometimes used for the same purposes as almonds. Apricots contain rather less water, and more sugar and pectine than peaches.

ALMACK CHEESE.—Split 4 doz. plums, and take out the stones; pare, core, and slice 2 doz. pears and 2 doz. apples; put the whole in layers into a stone jar, and put them into a cool oven; when sufficiently tender press them through a coarse sieve into a preserving pan, and stir in 1 lb. of sugar to every pound of fruit. Stir them over a moderate fire until very firm. Cut into slices after it has become sufficiently cool.

QUINCE CHEESE.—This is simply marmalade which has been boiled down *very* thick, and put into little jars. It will be as solid as cheese when turned out, and it can be served for tea or luncheon, cut into slices like cheese.

PLUM CHEESE.—Add enough water to keep from burning, and boil the plums; now mash them, strain, and add $\frac{1}{2}$ lb. good brown sugar to 1 lb. plums; boil down until thick, with continual stirring, and put in small jars. It will turn out firm as cheese, and can be served for tea or luncheon cut in slices.

FRUIT PASTES.

These are a kind of marmalade, consisting of the pulp of fruits, first evaporated to a proper consistency, and then boiled with sugar. The mixture is then poured into a mold, or spread on sheets of tin, and afterwards dried in the oven or on the stove until it assumes the form of a paste. Strips may be cut from one of these sheets and formed into any shape desired. Use only fine white sugar for these pastes. Use a wooden spoon to stir them with, and watch them carefully, as, if they burn in cooking it will spoil them. The cakes can be cut up and kept in tin or paper boxes with layers of paper between; they are fine with desserts.

APRICOT PASTE.—Use ripe apricots; put them in a preserving pan with a little sugar, and place them on the side of the range to reduce them to a paste; rub them through a hair sieve, allow $\frac{1}{2}$ lb. sugar to 1 lb. pulp, and boil it 10 minutes; then finish like apple paste.

APPLE PASTE.—Choose sound ripe apples, peel, core them, and cook in a little water till quite soft; rub them through a hair sieve, using a wooden spoon; weigh the pulp and put it in the preserving pan, with the same weight of sugar, and boil 20 minutes; remove it, spread out thin on plates or in molds, and dry in a cool oven or on a cool stove. If desired it can be colored with some of the vegetable colors elsewhere given.

THE APPLE belongs to the rose order. The cultivated varieties have sprung from the wild apple or crab. This delightful fruit is made very wholesome by baking or boiling. The acid is mainly malic. The hard, acid kinds are unwholesome if eaten raw, but by cooking a great deal of their acid is decomposed and converted into sugar. A large part of its acid is turned to sugar as the fruit ripens, or even after it is gathered, by the process of maturation. When apples decay, the sugar is changed to a bitter principle, and the gum becomes moldy and offensive. Old cheese has a remarkable effect in meliorating the effects of the apple when eaten with it, probably from the volatile alkali or ammonia of the cheese neutralizing the acid.

CURRENT PASTE.—Take red or white currants, pick them over carefully, rub through a sieve, and put the mashed fruit in a pan on the fire, stirring it until it forms a paste; allow $1\frac{1}{4}$ lbs. sugar for 1 lb. pulp, mix them together, and boil 20 minutes. Finish like other paste.

ORANGE PASTE.—Press the juice out of 5 Seville oranges, and boil them until the rinds are very soft indeed; with a thin wooden or silver spoon scoop out all the pulp, and pound the rinds as fine as possible in a mortar with $\frac{1}{2}$ the extracted juice. Rub it all through a hair sieve, and simmer on the fire until it becomes like marmalade. Empty it out, weigh it, and allow 2 lbs. sugar for 1 lb. pulp; boil it 10 minutes, and spread out and dry like apple paste.

Lemon Paste can be made the same way, but do not use any of the juice.

PEACH PASTE.—Cut the peaches into small pieces, and cook, with barely enough water to cover them, until reduced to a pulp; allow $\frac{1}{2}$ lb. sugar to 1 lb. pulp, and boil 20 minutes; finish like other paste.

PLUM PASTE.—Any kind of preserving plums will do; stone them and boil, with very little water, to a jam; rub through a hair sieve, put on the stove, and reduce to a paste; allow 1 lb. sugar to 1 lb. pulp, and cook 20 minutes; finish like other paste.

RASPBERRY PASTE.—Take 2 quarts of ripe red raspberries, put them in an eathern jar and place it in a kettle of boiling water;



APPLE AND BLOSSOM.

boil until the juice is well separated, then pulp them through a fine colander. Mix with the fruit an equal weight of sugar, put it in a sauce-pan, and cook until it is a firm paste—stirring constantly to prevent burning; spread on plates to nearly dry in the oven; then cut it in squares, cover both sides well with pulverized sugar, and pack in paper boxes with layers of white paper between.

Strawberry Paste can be made the same way.

JAMS.

These are made with large fruit cut into small pieces, or with whole small fruits. In making common jams the fruit should be well boiled before the sugar is added, and care should be taken that it is not so much thickened that the sugar will not easily dissolve. The old rule was equal amounts of fruit and sugar, but acid fruits require more sugar than those which are sweet. If they burn at all in cooking the flavor is spoiled; to prevent this close attention is needed and constant stirring. Jam will not keep well unless sufficiently boiled, and enough sugar is used, but do not use too much sugar.

As jams and preserves made from stone fruits are apt to ferment, care should be taken to get rid of the moisture, and only enough water added in cooking to simply prevent burning.

In the "General Suggestions" previously given we explain about putting jams into glasses or jars when done. The hardening of fruit is discussed under "Preserves," but mashing also prevents hardening.

APPLE JAM.—Pare, core and slice the apples; boil them till soft, add $\frac{3}{4}$ lb. sugar for 1 lb. fruit, and cook till done. A fine flavor will be imparted by tying in muslin a little lemon peel, ginger and cloves and boiling it with the fruit; take it out when the jam is done.

APPLE GINGER. (*Imitation of Preserved Ginger*).—Boil to a syrup 3 oz. of ginger, 3 lbs. of sugar, the juice and $\frac{1}{2}$ the rind of a lemon and $1\frac{1}{2}$ pints of water; take out the rind and add 3 lbs. of apples pared, cored, and cut into irregular strips to imitate ginger; boil 50 or 60 minutes. They should not break and should be soft and clear; there will be a good supply of syrup. Put in jars when cold.

BLACKBERRY JAM.—Take 5 lbs. of fruit, mash it, and boil 10 minutes; then add 7 lbs. sugar, and boil 20 minutes, stirring to keep from burning. Put into the glasses hot; tie up when cold.

CHERRY JAM.—Before stoning the cherries, weigh them, and to 1 lb. cherries allow $\frac{1}{2}$ lb. sugar; then stone them and boil until the juice is nearly evaporated, stirring constantly; then add the sugar and add also 1 pint of red currant juice for each 6 lbs. of cherries used, and add also 1 lb. sugar for each pint of currant juice used; then finish like other jams.

RED Currant JAM.—Pick over the currants carefully, and allow $\frac{3}{4}$ lb. sugar to each pound fruit; let them simmer in the farina boiler until soft; then set aside until next morning, and cook them gently in a porcelain kettle 25 minutes; then put into glasses.

White Currant and Barberry Jam can be made the same way, but for barberries allow 1 lb. sugar to 1 lb. berries.

GOOSEBERRY JAM.—Pick the gooseberries just as they begin to turn; stem, wash and weigh them; to 4 lbs. of fruit add $\frac{1}{2}$ teacup of water, boil until soft, then add 4 lbs sugar, and boil until clear. The jam will be clear and amber-colored if the fruit is picked at the right stage, and much nicer if it is not picked until fully ripe.

GRAPE JAM.—Allow $\frac{3}{4}$ lb. sugar to 1 lb. grapes; squeeze the pulp from the skin; boil the pulp a few minutes and remove the seeds by passing through a sieve; then add the skins and sugar, boil until it thickens, and put up like other jam.

Green Grape Jam is made the same way.

ORANGE JAM.—Sweet oranges are best; remove the rind and then the seeds by passing it through a colander or sieve; to 1 lb. pulp and juice allow 1 lb. sugar; boil 10 minutes, add the sugar and cook till done; put up like other jams.

PINEAPPLE JAM.—Pare it, cut in small pieces, and cook in just enough water to cover until tender. Allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit; make the sugar into a syrup, add the pineapple and boil 10 minutes; then put up like other jams.

Pineapple Parings.—After the fruit has been trimmed for making jams, etc., wash the peel in warm water, dry it, put it in a sauce-pan, add cold water to cover, and simmer $\frac{1}{2}$ hour, or so; then strain the liquid, boil it with sugar, and it can be served with puddings, etc.; or if essence of pineapple is added when cold it will serve for ices sweet sauces for puddings and the like.

PLUM JAM.—Allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit before it is stoned; then take out the stones and stew the fruit in a little water till soft; pass it through a coarse sieve, add the sugar, and cook till done. Put up like other jam.

QUINCE JAM.—Cook any desired amount of quinces until soft, in as little water as possible without burning; pour off the water and rub the fruit with a wooden spoon until smooth; add 10 oz. sugar to 1 lb. fruit, let it boil 20 minutes, and remove it from the fire, put up like other jams.

RASPBERRY JAM.—Mash the berries, and treat as directed for strawberries. If 2 parts raspberries and 1 part red currants are mixed it makes a fine jam, or add a little currant juice.

RHUBARB JAM.—Allow 1 lb. sugar for 1 lb. rhubarb; cut up the fruit into small pieces, put on the sugar, and let it stand several hours, or until next morning; then take out the fruit, and boil the syrup until it thickens; then put in the fruit and let it simmer gently until done, stirring it to prevent its burning; then put in glasses.

STRAWBERRY JAM.—Hull the berries, put them over the fire, and boil gently $\frac{1}{2}$ hour, keeping them constantly stirred; allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit; remove the berries from the fire, add the sugar, and then boil them again $\frac{1}{2}$ hour. Then put in jars as before directed.

THE STRAWBERRY was known to the ancient Greeks and Romans, and is indigenous in all temperate climates. It does not contain much nutritive matter, but is very wholesome. The seed-like pericarps are not easy of digestion and sometimes cause intestinal irritation on which account some physicians have recommended passing them through muslin before being eaten. They have more water in their composition than gooseberries or currants, and they are cooling, laxative, and slightly diuretic. Some epicures grate the zest of an orange over them, thinking it improves the taste, especially when a little sugar is added also.

TOMATO JAM.—Use equal weights of sugar and tomatoes; peel and slice them, add the sugar and let *simmer* gently until done, which should be in about an hour. A pleasant flavor may be imparted by tying lemon peel and ginger in a muslin bag, and letting it cook with the fruit, lifting it out when that is cooked.

VEGETABLE MARROW JAM.—Peel and core 6 lbs. of medium sized vegetable marrows cut into strips about 2 inches long; cover it with 6 lbs. of sugar and let stand all night; then add the juice and grated rind of 4 lemons and 1 oz. of bruised ginger and boil $1\frac{1}{2}$ hours, skimming well. A pinch of cayenne is considered an improvement by some cooks.



STRAWBERRY.

PRESERVES.

The fruit used for preserves should be perfectly sound, fresh and ripe, and use good sugar. If you would have good preserves work carefully. A very large amount is less easily handled than less.

The old rule of pound for pound of sugar and fruit is hardly reliable, because fruits differ so much in sweetness. If too much sugar is used the fruit may be unpleasantly sweet, and very little of the fruit flavor left.

Cooking the Fruit.—Large fruits should cook until a broom straw will readily pierce them. To avoid burning, boil them gently. They must be soft enough to be readily penetrated by the sugar (as that is what preserves them) but that is all. Over boiling is to be avoided, and small fruit especially, like strawberries and raspberries, are spoiled if much cooked. The object aimed at is to have the sugar thoroughly permeate the fruit enough to preserve it, but without injuring its shape more than necessary. Fruit is darkened in color and its flavor injured by long boiling. Small fruits and berries should be taken out of the syrup, when done, with a small strainer, as a cup will not separate the syrup from them.

When the fruit has simmered in the syrup until done quite through, it may be taken out with a skimmer and set on dishes to cool; then boil up the syrup until it begins to jelly, put back the fruit, boil it up once, and then put it into jars. Another way is to put the fruit directly into jars instead of on dishes to cool; then boil the syrup and pour it over, and tie up as directed in the "General Suggestions" at the beginning of this section. Either method works well.

Hardening Fruit.—Those fruits like strawberries, tomatoes, peaches, apples, etc., which are liable in cooking to become too soft, can be allowed to stand a few hours with sugar on them, or pour on hot syrup; this hardens them by extracting the juice. There are some fruits like citrons, quinces, pineapples, etc., which harden if put into strong syrup at first; to avoid this they can be cooked first in water or weak syrup until tender, and then the balance of the sugar added.

Canned Fruit can be used in making preserves, and then less sugar is needed. Adding a few slices of lemon or orange will improve the flavor.

Keeping Preserves.—Preserves keep better in glass than in earthenware vessels, but glass should be wrapped in paper to keep the light from bleaching the fruit; keep in a cool, dark, dry place.

To Clarify and Prepare Syrup.—A good syrup can be made with 2 pints granulated or loaf sugar, and 2 cups water; put them in a porcelain kettle, and stir in the white of 1 egg beaten light but not dry; bring it slowly to a boil, stirring frequently, and then at once move to the back of the range, cover it, and let it simmer gently, *not* boil rapidly, for $\frac{1}{2}$ hour; then take off the cover and remove the cake of thick white scum appearing on top. The syrup will be clear and ready for use. White of egg, being albumen, coagulates at 160° , and as it rises to the surface it acts like a strainer, carrying the impurities with it; hard boiling breaks it into small grains, and it does not strain well. Small fruits, like strawberries, raspberries, currants, etc., put into this syrup will retain their form, color, and their fresh and natural taste. Juicy fruits require a rich syrup, like the above, but dry fruits which require long cooking need a thinner syrup made of equal parts of water and sugar.

Graining.—A little acid added to syrup will prevent graining, as explained for candy making.

TABLE SHOWING THE TIME TO BOIL AND THE AMOUNT OF SUGAR NEEDED FOR VARIOUS FRUITS IN MAKING PRESERVES.*

NAME OF FRUIT.	TIME TO BOIL IN MINUTES.	SUGAR NEEDED FOR EACH QUART OF FRUIT.
Apples, sour, quartered.....	10	6 ounces
Apples, sour, whole	30	6 "
Blackberries	6 (moderately)	6 "
Blueberries	5	4 "
Cherries	5 (moderately)	6 "
Crab-apples, whole	25	8 "
Currants, ripe.....	6	8 "
Grapes, wild.....	10	8 "
Peaches, halved	8	8 "
Peaches, whole.....	15	8 "
Pears, small sour, whole	30	8 "
Pears, Bartlett, halved.....	20	6 "
Pineapples, sliced	15	6 "
Plums.....	10 (moderately)	8 "
Quinces, quartered	25	10 "
Raspberries	6 (moderately)	4 "
Rhubarb, sliced	10	10 "
Strawberries	8 (moderately)	8 "
Tomatoes	20	8 "
Whortleberries	5	4 "

APPLE PRESERVES.—Choose firm, well-flavored apples, and proceed as directed for quinces. They can be improved by adding

*For Cooking in High Altitudes see pages 16 and 358.

the juice of 1 lemon to each $1\frac{1}{2}$ lbs. of apples; or cut up and add a little quince.

PRESERVED APRICOTS.—Stone and pare 1 lb. of the finest apricots, put them into a preserving pan, and dust on some double refined sugar; have ready and add 1 cup of the juice of white currants, pressed out of raw berries; $1\frac{1}{4}$ lbs. loaf sugar, putting in half of it first, and adding the balance at 2 different times during the cooking. Boil them over a slow fire, and when done put them up, putting 2 or 3 in a glass; be careful not to break them in the skimming. A little more boiling makes it jam.

CRAB APPLE PRESERVES.—The red Siberian crab is the best. Pick out those nearly perfect, *leaving the stems on*; put them in the preserving kettle with enough warm water to cover them, heat this to boiling slowly, and simmer until the skins break. Drain and skin them; then with a pen-knife extract the cores through the blossom ends. Weigh them, allow $1\frac{1}{4}$ lbs. sugar and a gill of water to every pound of fruit. Boil the water and sugar together until the scum ceases to rise, put in the fruit, cover the kettle, and simmer until the apples are a clear red and tender. Take out with a skimmer, spread upon dishes to cool and harden; add to the syrup the juice of 1 lemon to 3 lbs. fruit, and boil until clear and rich. Fill jars $\frac{3}{4}$ full with apples, pour in the syrup, and when cool, tie up.

BARBERRY PRESERVES.—Use 1 lb. sugar and 1 cup water to 1 lb. of barberries; prepare the syrup and put in the barberries, let them cook until the syrup is quite thick, which will probably be in about 2 hours. Then put them up in jars with enough syrup to keep them. The rest of the syrup can be strained, put in bottles, and corked tight, and it can be used to make a delightful and a refreshing drink.

THE BARBERRY is found in most parts of the world. Its fruit is cooling, astringent, and very acid. The juice, mixed with water, makes a refreshing fever drink. The bright red berries, alternating with parsley, are a very pretty garnish for white meats.



BARBERRIES.

BLACKBERRY PRESERVES.—Choose the best berries, pick them over, and allow 1 lb. sugar to 1 lb. berries; let them stand for 1 or 2 hours spread on dishes with the sugar sprinkled on; then put them on the stove in a porcelain kettle, adding all the juice which came from them, and heat slightly. Now take them out, putting them on the plates, and boil the syrup for 5 minutes rapidly; then

put back the berries, and let them simmer (*not boil*); if they show a tendency to break, take them from the stove at once. Cool them slightly, and put in jelly glasses.

Currants and Dewberries are put up the same way

PRESERVED CHERRIES.—Select short-stemmed red cherries, or Morelloes, as sweet cherries are not suitable for preserving. Stone them, and save every drop of the juice; allow 1 lb. sugar to each pound of fruit; first put in a layer of sugar, then a layer of fruit, and so on until all are put in; let them stand 2 or 3 hours, pour over the juice, and boil gently until the syrup begins to thicken; then put in jars. Adding 3 tablespoons of red currant juice to each lb. of fruit is an improvement.

Currants may be put up the same way. *White currants* make fine preserves.

CITRON MELON.—Pare and cut the melons into small pieces about $\frac{1}{2}$ inch square. Put in a porcelain kettle; cover with water and boil until tender, but not to break; then put them in a cloth strainer and hang up to drain over night. The next day weigh the melon, and with an equal weight of granulated sugar make enough syrup to cover the melon, then boil gently until the melon is clear. By this time the syrup will have become quite thick. Set away in the kettle to stand over night, or until it is cooled through. Allow 4 lemons to every pound of the preserves. Squeeze and strain the lemon juice on to the preserves, and with the hand lift and gently mix all together, being careful not to break the cubes of melon. Put cold into glass jars; place a few cloves, from which the heads have been taken, on the top of each jar; screw the cover on tightly, and put in a dark, cool place. It must be a month old before using. This is a delicious sweetmeat. Be sure that the lemons are not bitter.

CITRON PRESERVES.—These should be made as late in the season as possible, when the melons are ripest. After paring, cut into fancy shapes, but not too small. Cook till tender, in just water enough to cover, with a large spoonful of alum added. Drain the pieces well, and then cook $\frac{1}{2}$ hour in the preserving syrup, with the juice of several lemons added, omitting the rind, as it is apt to impart a bitter taste. In a few weeks this citron may be taken from the syrup, drained, dipped in powdered sugar, and dried on plates in the sun, when it is very nice for cake, to add to its flavor and beauty.



CITRON.

If this is to be done on a large scale, however, the pieces of citron should be quite large for convenience.

CRANBERRY PRESERVES.—Allow 1 lb. sugar to each pound of berries; make a strong syrup by adding water, using only enough water to dissolve the sugar; put in the fruit boil until tender, and put into glasses.

PRESERVED BLACK Currants.—Pick over the currants and cook till all are broken. Add $\frac{1}{2}$ as much sugar (measured) as you have fruit. Cook $\frac{1}{4}$ hour longer and seal. This is excellent for sore throat.

FIG PRESERVES.—Gather the fruit when fully ripe but not cracked open; place it in a perforated tin bucket or wire screen, and dip it for a moment in a deep kettle of lye, hot and moderately strong (some prefer to let them lay an hour in limewater, draining them afterwards). Allow 1 lb. of sugar to 1 lb. figs, make it into a syrup; drain the figs, put them in, and boil until well cooked; skim out the figs and boil down the syrup until there is just enough to cover the figs; put the figs back in the syrup, let all boil, put into glasses while hot, and seal.

GREEN FIG PRESERVES.—Lay the figs in cold water for 24 hours; then simmer them until tender; put them again in cold water, and let them remain 2 days, changing the water each day. Then if you do not find them soft, give them another simmer and put them again into cold water until the next day. Then take 1 lb. sugar to 1 lb. fruit, and with $\frac{2}{3}$ of it make a syrup and simmer the figs in it for 10 minutes. In 2 days take the remaining $\frac{1}{3}$ of the sugar and pour the syrup from the figs on it. Make a rich syrup, adding the peel of a lemon and a little raw ginger, and boil the figs in it; then mix all together and put into large jam-pots and tie them closely over. The figs may be cut in half if preferred, after they have simmered until soft.

TOMATO FIGS.—These, although made from tomatoes, will nearly approach true figs, and will keep as long as desired. Select good tomatoes, scald, skin them, and allow $1\frac{1}{2}$ lbs. best brown sugar to each 4 lbs. tomatoes. Let them simmer gently in the sugar until they cook clear, and the sugar permeates them thoroughly (add no water), and then take them out and dry them, spread on dishes in the sun; while they are drying sprinkle a little syrup on them. Pack them in layers with sugar between, in boxes or jars. While drying do not let rain or dew fall on them.

GREEN GINGER PRESERVES.—Put the ginger for 2 weeks every night and morning into boiling water; then pare off the outside skin with a sharp knife. Boil it in water till quite soft, and slice it into thin slices. Prepare a syrup of 1 lb. sugar to $\frac{1}{2}$ pint water, clarify it, put in the ginger, and boil till it is clear. Let it cool before putting it in jars.

MOCK GINGER PRESERVES.—Boil small tender carrots, scrape them until free of all spots, and cut out the heart or middle portion. Steep them for several days in frequently changed water, until the flavor of the carrot has been completely destroyed. Allow 1 quart of water, 2 lbs. sugar, 2 oz. whole ginger, and the thin peel (yellow only) of 1 lemon to each pound of prepared carrots. Boil $\frac{1}{2}$ hour daily until the carrots are transparent. When done, add enough red pepper to make the preserves as hot as desired.

GOOSEBERRY PRESERVES.—Allow 1 lb. sugar to each pound of gooseberries; top and tail them, and put the berries and sugar into a deep jar in alternate layers; pour on enough red currant juice to dissolve the sugar and add the same weight of sugar; cook it next day in the preserving pan, and put it in glasses.

GRAPE PRESERVES.—Pick from the stem, wash, drain, and weigh, and allow an equal weight of sugar; then press the skin from the pulp with the thumb and finger, and cook the pulp gently; when the seeds loosen pass it through a sieve to remove them. Then put the skins into the juice, cover, and simmer gently until tender; add the sugar, keep it hot, *without boiling*, 15 minutes, and can.

GRAPES of all varieties are mostly natives of tropical and semi-tropical regions. Some varieties are dried and sold as *raisins* and *currants*. Fresh, ripe grapes, contain much sugar, sometimes nearly 20% and the acid is chiefly tartaric, part of which is combined with potash. All grapes are nutritive and wholesome, but they are subject to fermentations, and when eaten immoderately sometimes bring on colic. In moderation they may be safely eaten even by invalids, and are refrigerant, diuretic and laxative.

GREEN GOOSEBERRY PRESERVES.—Top, tail and wash the gooseberries in cold water, and drain; then pour on boiling water and let stand a few minutes to scald; this will soften them and extract part of their acid; when tender, take them out with a skimmer and slip them into cold water, leave a few minutes and take out with the skimmer, and slide carefully into the syrup; have the syrup made with 3 cups water and $1\frac{1}{4}$ lbs. sugar for each lb. of gooseberries; let



SULTANA GRAPE.

them simmer slowly in the syrup until quite clear—about 20 minutes; if they seem likely to break take them out sooner with the skimmer, and let the syrup boil a little longer; put them in the jars, and when cold pour on the syrup, and tie up.

GREENGAGE PRESERVES.—Prick the plums with a fine needle to prevent their breaking, put them into a preserving pan with only enough water to cover them, and set them over a gentle fire until the water simmers; then take them out and set them on a sieve to drain. Add to the water in which the plums were boiled 1 lb. sugar to 1 lb. plums; boil it quickly, skimming it as the scum rises, until the syrup thickens on the spoon; then put in the plums, let them boil until the sugar bubbles, and pour the whole into a basin; let it stand until the next day. Drain the syrup from the fruit, boil it up quickly, and pour it over the plums. Repeat this 4 days, which cooks the fruit without injuring the shape; then boil it in the syrup for 5 or 6 minutes, put into jars, and pour the syrup over. The kernels must be blanched and boiled with the fruit.

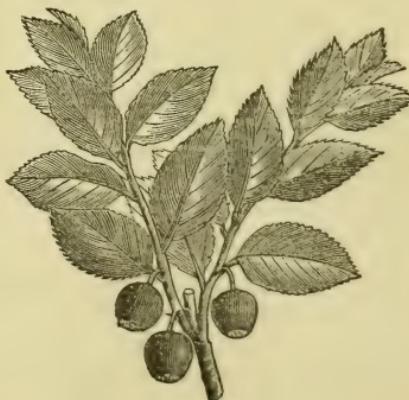
Damsons can be put up the same way.

GREENGAGES are a variety of plum, although not the largest in size; for delicacy and richness of flavor they are unsurpassed, and are generally esteemed as one of the finest varieties. The name is derived from the Gage family who introduced them into England.

HUCKLEBERRY PRESERVES.—Use $\frac{3}{4}$ lb. of sugar and the juice of half a lemon to each lb. of huckleberries; put half the sugar on the berries, and let stand a few hours or over night; then drain off the juice, add 1 cup water, the lemon juice, and the balance of the sugar; set it on the stove till the sugar dissolves, boil quickly, and skim; then put in the berries and let it simmer merely until they are tender—about $\frac{1}{2}$ hour; then take them out, put in jars and when cold, pour on the syrup and tie up.

Bilberries can be preserved the same way.

THE BILBERRY is found in the northern parts of the world, and it belongs to the same species as the whortleberry. Its composition and properties are about the same, and it is very wholesome.



BILBERRY.

PRESERVED LEMONS.—Pare off the thin yellow skin carefully, cut a small hole in the end, scoop out the pulp carefully with a silver spoon, rub each one with salt and drop it into clear cold water as fast as finished, which will prevent its turning dark; let them lie in it 5 or 6 days, and then boil them in fresh salt and water 15 minutes. Have ready made a thin syrup of 1 quart of water to 1 lb. sugar; drain, and boil them in this for 5 minutes, and repeat once a day for 4 or 5 days; then put them in jars with the syrup and let them stand 6 or 8 weeks, as that will make them clear and plump; then take them out of the syrup. Make a fresh syrup of double refined sugar, with only enough water to moisten it; boil and skim it, put in the lemons, and let them simmer slowly until they are clear. Put them in small jars, covered as previously directed, and tie them up tight.

MULBERRY PRESERVES.—Put about 1 lb. of mulberries into a preserving pan with $\frac{1}{2}$ cup water to prevent burning; simmer slowly over a slow fire until all the mulberries are soft; strain through a fine sieve, and add 5 lbs. of sugar to each 4 cups of juice. Put the sugar into the preserving pan, pour the strained juice on it, boil up, and skim it well. Then add 4 lbs. of ripe mulberries, and let them stand in the syrup until warm; then boil them slowly for about $\frac{1}{4}$ hour, and turn them out carefully into a china bowl until the next day; then repeat the boiling $\frac{1}{4}$ hour, or until the syrup is thick and will jelly when cold. Put into jelly glasses, set away to cool, and then tie up. Care must be taken not to break the mulberries when boiling.

THE MULBERRY is a tree of which there are many varieties. The black is cultivated for its fruit, and the white for its leaves on which silkworms feed. The black is a native of Persia. Some varieties attain a height of only 15 feet, and others grow to 45 or 50 feet. The fruit is wholesome, cooling and rather laxative, but when eaten to any large extent it is apt to disorder the stomach and bowels.

MUSKMELONS.—Choose ripe muskmelons, remove the seeds, peel, cut in pieces, put into a stone jar, and cover with scalding vinegar; let them stand until the next day, pour off the vinegar, heat it, and pour on them again; repeat this every day for 4 days. To each 5 lbs. of fruit allow 1 quart of vinegar, 3 lbs. sugar, and spices to suit; put all together, and simmer until the melons are tender; then set aside, and the second day pour off the syrup, and boil it down so there will be just enough to cover the melons. Then put in glasses.



MULBERRY.

PRESERVED ORANGES.—Select very ripe oranges, cut a small hole in the stalk end, and scoop out the pulp with a silver spoon very clean, and be careful not to break the rind; save all the juice by holding the orange over a bowl while scooping it out, and drop each one into a basin of cold water as fast as done; then drain them, put into a porcelain kettle, and pour on enough boiling water to cover them, having dissolved in it 1 teaspoon of alum to each $\frac{1}{2}$ gallon of water; let them simmer gently in this solution until almost transparent and clear; now drain them, put into cold water, change it 2 or 3 times, and let them stand until next morning, then drain again, pour on boiling water to cover, and again gently simmer for $1\frac{1}{2}$ hours, and drain them; now allow 1 lb. of sugar and 1 cup water for each pound of the rinds, and make the sugar and water into a syrup; then put in the oranges, together with the juice which was saved, and gently simmer until they are clear and tender; then take them out, lay them on dishes to dry, and set away 2 days, and the syrup also. Now take 4 fresh oranges for each 1 which is being preserved, cut them in two, extract the juice, and allow $1\frac{1}{4}$ lbs. sugar to each pint of it. Put this sugar and juice on the fire, and as soon as the sugar dissolves, boil it quickly to a thick jelly, which should be in about 20 minutes; test it and it will be done if a teaspoon of it hardens at once when set in a saucer in a cool place. Now put this jelly into the oranges, filling them full, and let it harden until the next morning. Then put them in glasses with the open end down, and pour on the first syrup, and tie them up. They will be found a delicious preserve.

Lemons and Limes can be put up in the same manner.

Preserved Oranges No. 2.—Select good oranges and boil them in soft water until you can run a broom straw through the skin. Allow $\frac{3}{4}$ lb. sugar for 1 lb. oranges, make it into a syrup, and clarify it; then drain the oranges from the water, pour on the hot syrup, and let them stand in it over night. Boil them in the syrup the next day until it is thick and clear; then put them in jars, pour the strained syrup on them, and tie up.

ORANGE AND RHUBARB PRESERVES.—Take 6 oranges and carefully peel off the thin yellow rind; remove the white rind and the seeds, and slice the pulp into a preserving pan, adding the yellow rind cut very fine. Add 1 quart of rhubarb cut fine, and 1 lb. to $1\frac{1}{2}$ lbs. sugar, and boil the whole down and put up like any other preserves.

PEACH PRESERVES.—Select fine ripe peaches; pare, halve and stone them; allow 1 lb. sugar to 1 lb. fruit, and put a layer of

sugar in the kettle, then a layer of peaches, and so on alternately until all is used. Cover and let it stand until the next morning; then bring to a boil quickly, and let it *simmer* merely, until the fruit is clear and tender. Blanch and add 4 peach kernels for each pound of fruit, for flavor, when it begins to boil. Then lift out the fruit carefully, and put it into glasses; boil the syrup until thick (about 15 minutes) and pour it over.

Apricots and Nectarines can be put up in the same way.

Pears can be put up in like manner, but they should be pared; leave the stems on, and if small put them up whole. Add no peach kernels for pears, apricots or nectarines.

PRESERVING PEACHES WITHOUT COOKING.—Brush the down from the peaches, and put them into a deep dish; pour enough boiling water on to cover them, and lay a thickly-folded towel over the dish, and let it stand until the water is nearly cold; then take out the peaches one by one and rub off the skins with a coarse towel. Then put a layer of sugar in a jar, then a layer of peaches, cover them thickly with sugar, and so on alternately, having sugar on top. Close and seal them down at once, and keep in a cool, dry place. Removing the skins by the use of hot water as above directed, is much easier than paring them.

PRESERVED PEARS.—If large, they can be pared and quartered; if small, they can be pared and put up whole. Allow equal weights of fruit and sugar; make the sugar into a syrup, using 1 cup of water to the pound; when clear, put in the fruit and heat it through; then take it out and cool it; then put it back and cook until soft, and then put in jars. A clove stuck in the end of each pear before cooking imparts a pleasant flavor. Some people stew a few slices of lemon peel in the syrup for flavoring.

PRESERVED PINEAPPLE.—Pare off the rough outside carefully, that nothing be lost, and slice the fruit; put it in a preserving pan, add 1 teacup of water to each pound of fruit, and boil gently until it is tender and clear; then take it out with a skimmer, add 1 lb. of sugar to 1 lb. of fruit, stir until it is dissolved, then put in the pineapple and let it boil gently until it is transparent throughout; then take out the fruit, cool it, and put it into glass jars. Let the syrup simmer gently until it is thick and rich, and when nearly cool pour it over the fruit, and the next day seal up the jars. Pineapple is often put directly into the syrup without first boiling in water, but it is then tougher and not so good.

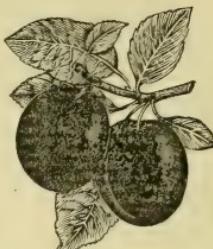
See "Pineapple Jam" for a way to utilize the parings.

PRESERVED PLUMS.—(1) Weigh them and allow 1 lb. sugar to 1 lb. plums; put a layer of sugar in a stone jar, then a layer of plums, and so on alternately until all are in, finishing with sugar; now put them in a moderate oven, and leave them until the oven cools, or put them in at tea-time, and let them stay all night; then boil and clarify the juice, after straining it from the plums; put the fruit in glasses, pour on the hot syrup, and tie up. (2) Another way is to allow $\frac{3}{4}$ lb. sugar to each pound of fruit. Divide the plums, take out the stones, and put them on a dish with sugar strewed over; the next day put them into a preserving pan and let them simmer gently over a nice fire for about 30 minutes; then boil them quickly, removing the scum as it rises, and keep them constantly stirred, or the fruit will stick to the bottom of the pan. Crack the stones, and add the kernels to the preserves when it boils. Then put up like other preserves.

THE PLUM appears to have been introduced into Europe from the East where it has been cultivated from very ancient times. It is now extensively cultivated and is a very useful fruit. When perfectly ripe the best plums are wholesome, but some varieties are too astringent. They lose much of their bad qualities in cooking, but they should be eaten in moderation. They make good preserves.

PUMPKIN PRESERVES.—Choose a good sweet pumpkin, pare, take out the seeds and cut into slices. Allow 1 lb. sugar and 1 gill of lemon juice for 1 lb. of pumpkin. Put the pumpkin in a deep dish in layers, with the sugar sprinkled between, and pour the lemon juice on top; let stand 2 or 3 days, and then boil all together, adding 1 cup water for each 3 lbs. sugar used, until the pumpkin is tender; then let it stand for 1 week, when drain off the syrup, boil until it is quite thick, skim, and pour it hot over the pumpkin. A little bruised ginger and lemon rind thinly pared may be boiled in the syrup to flavor the pumpkin.

STRAWBERRY PRESERVES.—Select the largest berries, and use equal weights of strawberries and sugar; lay the fruit in deep dishes, and sprinkle $\frac{1}{2}$ the sugar over them in fine powder; shake the dish so that the sugar may touch the under part of the fruit. The next day make a syrup with the remainder of the sugar and the juice drawn from the strawberries and boil until it jellies; then put in the strawberries carefully, and let them *simmer* nearly an hour. Put them carefully in glass jars and fill up with the syrup; there will be more than enough to fill the jars, but after standing over night



PLUMS.

the jars will hold more. Any syrup remaining can be used in making pudding sauces, etc. Putting strawberries up whole thus, is much the best way.

Raspberries can be put up the same way

QUINCE PRESERVES.—

Take fine yellow quinces, and pare, quarter and core them (save cores and skins); add just water enough to cover the quinces, set them on the stove and simmer until soft, but not until they begin to break; carefully remove the fruit, spread it on dishes to cool, and into the water in which the quinces were boiled put the cores, seeds and parings; stew it 1 hour, covered closely, and strain it through a jelly bag; add 1 lb. sugar for each pint of this liquor, boil it up, skim, and put in the quinces

and boil gently 25 minutes; let it stand in a deep dish, closely covered, 24 hours; then drain off the syrup, bring it to a boil, put in the fruit carefully, and boil $\frac{1}{4}$ hour; then take it out as dry as possible, spread it on dishes to cool, and boil the syrup down thick; fill jars $\frac{2}{3}$ full of fruit, and pour on the syrup. The preserves should be of a fine red color. An equal amount of sweet apples can be cooked with the quinces (and without additional sugar), and the difference will hardly be noticed.

GREEN TOMATO PRESERVES.—Select small, even-sized tomatoes for preserving. To each 3 lbs. tomatoes take 2 fresh lemons; pare off the yellow rind thin, so as to leave the white part, and squeeze out the juice. First boil the tomatoes in water sufficient to cover them, until they begin to get tender; add the lemon and a few peach leaves and powdered ginger tied in muslin bags; boil together until the tomatoes are tender, take them out carefully, strain the liquor, and add to it $1\frac{1}{4}$ lbs. sugar for each pound tomatoes; put the tomatoes back into the syrup, and boil until they appear to be done. In the course of a week pour the syrup from the tomatoes, heat it scalding hot, and pour it again on the tomatoes; then tie up.

RIPE TOMATO PRESERVES.—For these use for 8 lbs. tomatoes, 7 lbs. sugar, and the juice of 4 lemons. Peel the tomatoes, and let



QUINCE.

lemon juice, sugar and tomatoes stand together over night; drain off the syrup and boil it, skimming it well; then put in the tomatoes and allow them to boil gently and steadily for 20 minutes. Take them out with the skimmer and spread them on dishes to cool. Boil down the syrup until it thickens, put the tomatoes in jars and pour the syrup over them hot.

PRESERVED WATERMELON AND CANTELOPE RINDS.—It is a good plan to keep these rinds in a strong solution of salt and water until they are needed for preserving; the salt can then be removed by boiling them in fresh water. Now soak them in alum water (have it weak) for a little while, and then again boil in clear water until the alum taste disappears. Allow for every pound of rind 2 lbs. sugar, and make it into a rich syrup, clarifying it; then boil the rind for 1 hour in this syrup. Adding a little acid, like vinegar, will keep the syrup from graining. Flavor with lemon if desired.

CANNING FRUITS, VEGETABLES, ETC.

VHEN it is properly done, fruits and vegetables canned at home are both better and cheaper than those bought at stores. Select sound, fresh fruit, and use good sugar.

The first record of canning appears in a paper submitted to the English Society of Arts in 1807, by Mr. Saddington; but M. Appert who first put it into use on a large scale (about 1809) has generally received the credit for its discovery. Canning in its present form dates from a patent granted in 1823 to Pierre Angilbert.

THE PRINCIPLES INVOLVED.—The principles underlying the process of canning have been quite generally misunderstood, and successful fruit canning has been by many people supposed to depend upon the observance of certain methods which would result in the expulsion of the *air*, and the directions have been to boil fruit to expel the air, to heat the jars very hot, to stir the contents that all air bubbles may escape, to fill to overflowing, and seal immediately. It is impossible by any heating process to expel *all* the air. However full jars may be filled with hot fruit, when cold there is more or less air at the top. The correct reason for heating fruit is not to expel the air, but to destroy minute, living germs (*bacteria**) that to a greater or less extent are always floating in the air, and which alight upon fruit and all other substances. These germs especially abound in the atmosphere in the season when fruits ripen. Under favorable conditions they multiply with marvelous rapidity, and in a remarkably short space of time entirely change the composition of fruit and its juices. This disorganization of the fruit takes place to a greater or less extent according to the readiness with which the germs find access thereto, and the favorableness of the surrounding conditions.

Experiment has demonstrated, beyond a reasonable doubt, that most of the bacteria which produce fermentation (for there are many varieties of them) cannot exist in a temperature above 140°, and nearly all die at 130° to 135°. The spores, however, (corresponding to seeds) are more tenacious of life than the developed bacteria, but these are all killed at the temperature of boiling water if submitted to its action for some time, for they do not all die *instantly*, even at that temperature. It should also be said that the bacteria flourish best in a neutral or alkaline solution, while an acid solution is unfavorable to them, and the acid nature of many of the fruit juices hastens their destruction. Furthermore it is difficult to arrange so that the central parts of a can shall receive the same amount of heat as the surface, particularly in the case of solidly packed goods, like corn and beans, so that they need to be cooked for some time.

* *Bacteria* and *microbes* are terms applied to minute organisms which abound everywhere, and which play an important part in the economy of nature, causing both fermentation and putrefaction. They are rather more like plants than animals, and so small are they that the most powerful microscope makes them appear as little more than dots and rods. There are many varieties, but in shape they take principally 3 different forms which may be compared to a lead pencil (those having this form are called *bacilli*), a ball (called *coccus*), and a corkscrew (called *spirillum*).

These being the principles involved, canning resolves itself simply into killing all the bacteria and spores, and preventing any new ones from obtaining access to the fruit, and the simplest and most effectual method of doing this is the best.

Fruit has often been cooked more than was necessary, but the housewife need not be troubled by having her fruit "go all to pieces" and get "mussy" when being canned, if she handles it intelligently. Enclosing air in the can when it is sealed will do no harm, *provided* such air has been heated hot enough to kill all germs floating in it. If the cans are not sealed perfectly *air tight*, cold, unsterilized air will in time enter the can, carrying in living germs. These are so infinitesimally small that they will pass through the most minute opening and they will then begin to propagate, and cause fermentation.

The Breaking of Jars.—If fruit is put into jars and the jars put in a boiler, surrounded with water and boiled, the jars are liable to crack if set directly on the metal bottom. Breaking will be prevented by putting several thicknesses of wet cloth under the jars; or use strips of wood, or hay or straw. Wrapping the jars in hay or straw simply keeps them from touching each other and allows the water to circulate around them freely.

A fruit jar for canning hot fruit need never be heated by rolling in hot water or otherwise; a cloth wrung from cold water and completely swathing the jar will insure against cracking, if the jar is perfect, and if it is not it will be likely to crack in any event. The cloth should be soft, and touch the jar in every part, and cover the glass well at the top.

Utensils.—See what we say about "The Utensils Used" in the introduction to our previous chapter on "Jams, Jellies, etc., for the action of the acids in fruits on tin, copper, etc.

Peaches.—If peaches are dipped in scalding hot water for a minute (some use hot lye) and then into cold water, the skin will readily slip off. If the stones are cracked and the kernels slightly cooked in the syrup which is poured over them it will be an improvement. The tastelessness of canned peaches sold in the stores often results from not doing this.

Pare Fruit with a silver or aluminum knife and use forks of the same metals—steel will discolor it. Drop it in cold water as soon as pared, which will prevent its turning dark.

To Soften Hard Fruits, like apples, pares, hard peaches or quinces, steam them; or cook in water till tender.

Using Sugar.—Although fruits can be canned without sugar, many fruits are improved by the use of more or less of it; it improves those fruits when canned which require it when fresh. Fruits which are to be used for flavoring ice creams and water ices, are best canned without sugar. If sugar is sprinkled on small fruits, and left on 1 or 2 hours, they retain their shape better. Any surplus juice from strawberries or other small fruits, can be made into jelly.

Strain syrup which is not clear through fine flannel.

Sealing.—When fruit is otherwise properly put up it often fails to keep because of improper sealing; covers should be screwed on reasonably tight at first, and tightened often till quite cold; the glass shrinks by cooling, and the covers should be tightened up on it as it shrinks. Be sure the rubbers used are close fitting and firm.

If corks and wax are used in sealing, soak the corks in hot water: dry both cork and the edge of the bottle with a hot cloth before applying the wax, to insure its close adherence to the glass.

Parafine paper tied or pasted over heated fruit will keep it sweet for quite a time in summer, and for weeks in cold weather. It is also recommended for covering jellies and jams, as it is impervious to air and is water-proof.

Keeping.—All goods canned in glass (and that is the safest and most reliable thing to use) should be kept in the dark, or the cans wrapped in paper, as the light will bleach and injure many fruits, especially tomatoes and strawberries. Canned fruit and vegetables should be kept in a cool, dry and dark place.

The Flavor of Canned Fruit is improved if it is opened some time before it is needed for use, and allowed to aerate.

Vegetables Intended for Canning should be as fresh as possible, as wilted vegetables will not can well.

THE FOOD VALUE OF CANNED GOODS.—A careful analysis of the canned goods sold in the market has shown that they should be regarded mainly in the light of an expensive luxury. This is owing principally to the large amount of water they contain. In such articles as corn and string beans a test has shown that the contents of the can consists of 65% to 95% of water, so that if one bought 100 lbs. of these goods, he would buy 65 lbs. to 95 lbs. of water, and only 5 lbs. to 35 lbs. of dry food material. For this reason 10 or 25 cents invested in flour, corn meal or meat will get as much actual food material for the body as \$1 or \$2 will if invested in canned goods. Poor people, and those of moderate means should understand these things. When, however, the goods are canned at home the food is, of course, bought uncanned, and as cheaply as it could be obtained in any form. If properly put up canned goods are wholesome.

A WORD OF CAUTION.—Sometimes goods which are put up in tin cans, and which are all right when opened, are allowed to stand afterwards exposed to the air, and then the acid they contain will at once attack the lead in the tin, producing poisonous compounds of lead. For this reason the contents of tin cans should be emptied out *at once* on being opened. So important is this that it should be understood by every one.

SALICYLIC ACID.—This has been often used in canning fruits, and many agents have passed through the country selling recipes or preparations guaranteed to preserve fruit, the active ingredient of which was salicylic or some form of sulfurous acid. These should never be used. They may injure the health of the consumer, they impair the taste of the fruit, and their use is wholly unnecessary, as fruit is easily canned successfully without them. Don't buy or use such preparations.

CANNING BERRIES, ETC.—To can small fruit, or those which require little cooking, such as berries, peaches, etc., allow for every quart jar 1 teacup of sugar, more or less according to the acidity of the fruit. Dissolve the sugar in a very little water, put the fruit in

it and heat to the boiling point; swathe each jar with a wet cloth, fill it with fruit, and seal it at once while hot.

CANNING APPLES.—Select choice apples, pare, quarter, core, and let *simmer* merely, until tender; then drain them out, put into hot syrup, boil 2 or 3 minutes, and fill hot into jars. The juice and rind of 1 lemon to 4 lbs. apples imparts a pleasant flavor. Using 1 lb. of quinces or 1 good-sized pineapple to 4 lbs. apples also makes a pleasant combination.

CANNING CURRENTS.—Use $\frac{3}{4}$ lb. sugar to 1 lb. fruit; let the fruit stand 2 or 3 hours covered with the sugar in the preserving kettle; then bring slowly to the boiling point, fill into jars and seal.

Raspberries are nice put up with *currant juice*; allow 1 cup currant juice and 1 cup sugar to each quart of raspberries, add the juice and sugar to the berries, bring to the boil and put in jars. *Red raspberries* and *red currants* are also very nice canned together half and half.

Dewberries and Elderberries can be put up like currants, but allow $\frac{1}{4}$ lb. sugar for 1 lb. fruit.

THE DEWBERRY belongs to the same species as the raspberry and blackberry. Its composition is about the same, and it can be used like them for pies, pudding or jam. It is a very wholesome fruit.

CANNING DAMSONS.—Allow $\frac{1}{2}$ lb. sugar to 1 lb. fruit; place alternate layers of sugar and plums in a preserving kettle, first pricking the plums to prevent their breaking; let it stand 1 or 2 hours at the back of the stove, then heat gradually just to the boiling point, fill into jars and seal.

Greengages or Plums of any kind, can be canned the same way, but allow $\frac{3}{4}$ lb. of sugar to 1 lb. fruit. They can be allowed to stand in alternate layers of plums and sugar over night if desired; the next day bring to a boil and can.

GOOSEBERRIES.—These when ripe can be put up like currants, allowing $\frac{1}{2}$ lb. sugar to 1 lb. gooseberries. Green gooseberries are best put up by the "Cold Process" (which see).

CANNING PEARS.—Steam them until tender in a steamer; then put them into jars and fill with boiling syrup, holding in solution for each jar $\frac{1}{4}$ teaspoon of tartaric acid dissolved in a little water. This acid gives a piquant flavor to the otherwise sweet or insipid fruit, and is harmless.



THE DEWBERRY.

RHUBARB.—The simplest and best method for this is by the “Cold Process” (which see).

CANNING QUINCES.—Pare, quarter, core, and let them *simmer* merely, in water until tender; then drain them from the water, put them into the hot syrup (allow $\frac{1}{2}$ lb. sugar and 1 cup water to 1 lb. quinces), let simmer 10 minutes (at 170°) and put into jars. The core, seeds and parings can be made into jelly.

CANNING GRAPES.—Grapes may be canned whole without the usual process of scalding. Heat the jars very hot by steaming them over water brought gradually from tepid to boiling heat, or by placing them in the oven on several thicknesses of paper, and increasing the heat gradually. Wring a towel from *hot* water and swathe the cans; then fill them with the cold grapes, cover with boiling water, seal, and let stand 10 minutes; then take off the covers, pour off the water, and cover with boiling syrup sweetened to taste, and seal. The skins will not break, and the fruit will have a very different flavor from seeded grapes.

Blackberries, Huckleberries, Juneberries and Raspberries may be canned as directed for grapes.

THE JUNEERRY.—This fruit, as its name indicates, appears in June. It has a mild sub-acid flavor, approaching that of the huckleberry. It may be served with sugar and cream when eaten for dessert.



JUNEERRY.

STRAWBERRIES.—To preserve the color and flavor of strawberries requires care. They should go directly from the field or garden to the preserving kettle—even washing them injures their keeping qualities. Use $\frac{1}{2}$ lb. sugar to 1 lb. fruit. Place alternate layers of sugar and berries in a preserving kettle and let stand 1 hour; then heat slowly just to the boiling point; fill into jars and seal hot.

CANNING APRICOTS.—Pack them whole into the jars, packing them full, and as closely as possible without mashing or pressing the fruit; fill the jars with syrup up to the shoulder, put on the cover loosely, and set them in a wash-boiler so that they do not touch the metal bottom, as directed in the introduction to this chapter, and fill water around them up to their necks; put on the cover, bring it to a boil, and keep it boiling 12 to 15 minutes, so that the fruit in the jar may be heated clear through; then remove from the stove, fill 1 jar at a time with hot syrup (have some surplus syrup ready, and bring it to a boil at the same time as the fruit), screw on

the cover, set it back in the water, and let all cool together. Practically this is a very good method, as it kills all germs, without overcooking the fruit.

Cherries; put up like apricots; boil 10 minutes.

Nectarines; put up like apricots; boil 12 minutes.

Plums; put up same way; boil 10 minutes.

Strawberries; put up same way; boil 8 minutes.

Peaches can be put up the same way, but they should be pared and halved; if 2 or 3 kernels are put in the center of each jar they will flavor all the fruit in it; and this should be done, as they lack flavor without the kernels.

Pineapples can be put up in the same way, but they should be first pared and sliced, using a silver knife. Boil $\frac{1}{4}$ hour.

CANNED CORN.—Select young tender ears, cut the corn carefully from the cob with a very sharp knife, and scrape the cob with the back of a knife to secure the milk. Dissolve 1 oz. of druggist's pure tartaric acid in a large teacup of warm water, and use $\frac{1}{2}$ of this for every 4 quarts of corn; to be exact, measure by tablespoons. Stir the required amount into the corn, add 2 teacups of hot water, and cook 15 minutes. Stir often and thoroughly while cooking; then can in the usual way. On opening for use, to each quart add a level teaspoon of soda (to neutralize the acid), cook 5 minutes and season to taste, being careful to add a little sugar. Should the corn turn yellow on adding the soda, add a very little more acid water (some may be kept corked); should there be a slight acid taste, put in a little more soda. If the acid is impure, or too much is used, crystals will form.

Canned Corn No. 2.—Another method is to crowd corn cut from the cob into glass jars, seal moderately tight, set them into cold water, bring it to the boil, and then boil 3 hours; then loosen the covers an instant, seal again, and cook 1 hour; then remove from the fire. Tighten the covers occasionally as the cans cool. Corn put up this way keeps perfectly, but it is not as fresh as that put up with acid, and the process is more tedious. In serving this corn all that it needs is to get it thoroughly hot, and add a little milk or cream, butter and seasoning; further cooking toughens it.

CANNED PEAS.—Shell them, and pack closely in cans; add to each quart 1 teaspoon salt and 1 teaspoon sugar dissolved in a little



NECTARINE.

water; fill them full of water, put on the covers, and proceed as directed for apricots, but keep the water boiling 3 hours; fill hot water into the boiler, as that in it cooks away; when done, screw down the tops, and let them cool.

ASPARAGUS.—Put it up as directed above for peas, but omit the sugar and salt.

LIMA BEANS.—Treat as directed above for peas, but omit the sugar.

STRING BEANS.—Either green or cream beans can be put up as directed above for peas. String them, cut into inch lengths, put into cans, add to each quart 1 teaspoon of salt, and continue as directed for peas.

String Beans No. 2.—String the beans and remove the stem end. Boil them in water until about half tender, then to each 4 quarts of beans add $\frac{1}{2}$ pint of salt; boil 10 minutes, put in cans, cover well with the liquor in which they were boiled and seal. To use, drain, cook in a little water, and season to taste with cream or butter. A very little white sugar added to the seasoning is an improvement.

String Beans No. 3.—Another method is to boil the beans in slightly salted water until they are tender, but not until they break; then drain quickly and can, covering them with weak boiling vinegar, or vinegar and water. To use, drain them, soak in warm water 15 minutes, heat 5 minutes, and season with butter and a little milk, thickened slightly with corn-starch.

CANNING CABBAGE.—Slice cabbage when it comes from the pits in the spring, cook it in very little water, season with salt, and can boiling hot.

CANNING CARROTS.—Boil carrots till tender, peel and slice, reheat them in a steamer and can, covering them with weak boiling vinegar, or vinegar and water. Use them as a garnish, or season with cream for a salad.

CANNED BEETS.—Chop beets while tender, season with sweetened vinegar, and can hot. They make delicious salad.

PUMPKIN.—Scrape out the seeds after cutting it up, and either stew or bake it until tender, without paring, as the sweetest part lies next the rind; when baked, remove the rind, mash with the potato masher, put it in jars and seal while hot. Add no seasoning until opened for use.



ASPARAGUS.

CANNED SUCCOTASH.—Put lima beans in salted water, and cook nearly enough for table use; take green corn on the cob, and boil until when a grain is cut no milk flows, then cut it from the cob, and mix with the lima beans, using 1 measure of beans to 2 measures of corn; cover them with boiling water, bring to a boil, and fill them into glass jars. String beans can be used instead of lima beans, but cut them into 1 inch lengths. To use this succotash, drain off the liquor and add butter, milk and flour the same as for fresh succotash.

CANNED TOMATOES (Whole).—Select good small ones, rejecting all that are soft or spotted; put them whole into the cans without peeling, fill with cold water, and proceed as directed for peas, but omit the salt and sugar, and boil only $\frac{1}{2}$ hour.

Canned Tomatoes No. 2.—Scald and skin them; bring them gradually to a boil in the preserving kettle, and let them simmer merely $\frac{1}{2}$ hour (at 170°); put into the cans while hot, and seal.

Canned Tomatoes No. 3.—Select the tomatoes before they are ripe. As soon as they are gathered from the vines remove the skins, cut them in small pieces and drain; boil them 20 minutes, stirring often, and adding salt freely while boiling. Can in the usual way. One can determine by tasting just how much salt can be used. They are less likely to sour when salt is used.

Canned Tomatoes are nice stewed and baked in alternate layers with boiled rice or boiled macaroni, seasoning the layers with butter, pepper and salt.

CANNED TOMATOES WITH CORN.—Boil the corn on the cob the same as for table use, and cut it off while hot; have tomatoes skinned and rubbed to a smooth pulp; put 2 parts tomatoes to 1 part corn, salt as for the table, bring to a hard boil, and can quickly.

CANNED BEANS WITH ACID.—Cook the beans until done; then add for each pint of beans 1 tablespoon of a solution made by dissolving 1 $\frac{1}{4}$ oz. tartaric acid in 1 cup water; can at once while hot. To use, to each quart of beans add $\frac{1}{4}$ teaspoon of soda to neutralize the acid, and let stand a little while before cooking. Then season and serve. If there is a slightly acid taste use a little more soda; if too much soda is used add a trifle more acid.

Peas can be put up the same way.

FRUIT JUICES.—Select the best fruit, squeeze out the juice, strain it through fine muslin (4 thicknesses) or through flannel cloth, add sugar in the proportion of $\frac{3}{4}$ lb. sugar to 1 quart of juice, and bring to a boil; use an earthen or porcelain-lined kettle, remove all scum which rises, and put while hot into small bottles, and keep closely corked; or it can be kept in Mason jars.

When canning fruit the juice remaining can be bottled in the same manner. For pudding sauces, etc., these can be used in place of wines and intoxicating liquors, as we have elsewhere stated in speaking of intoxicating liquors; they can also be used for water ices and summer beverages.

Fruit juices can also be put up without the use of sugar; strain the juice, and fill it into the bottles to the bottom of the neck only; then cork securely, wire the corks down, and set the bottles into water up to the neck; let it boil $\frac{1}{2}$ hour, then take from the stove, let them stand in the water till cold, and seal the corks. Juices put up this way can be used like fresh juices, but when exposed to the air they spoil quickly, so that all must be used at once when a bottle is opened. Small bottles are therefore best.

CANNING WITHOUT SYRUP.

Fruit can be put up much as directed for apricots, but without using any syrup. The fruit should not be very ripe when picked; fill wide-mouthed bottles as full as they will hold, cork and seal each one tightly, surround it with water and boil as there directed; then remove from the stove and let them cool standing in the water, tightening the covers occasionally. It will be found to nearly equal fresh fruit when opened, and can be used like it. *Apricots, cherries, gooseberries, sliced pineapple, plums,* and other fruit can be put up thus.

CANNING BY THE COLD PROCESS.

Many fruits may be canned by what is termed the "Cold Process." It is best to boil the water used for this purpose, to kill all germs in it; then let it get cold before using it.

Green Currants and Green Gooseberries.—

To can them in this manner fill jars with the green fruit, shaking it well together; fill with water which has been boiled and allowed to get perfectly cold; seal, wrap each jar in paper, and set in a cool place.

THE Currant is supposed to be a native of Northern Europe, and did not attract much attention till within the last 100 years. It is not mentioned by the ancient Greek and Roman writers. The red, white and black, all belong to the same species as the gooseberry, and their composition is nearly the same. It is a wholesome and useful fruit. Its acid is principally citric and malic.

Grapes (Cold Process).—Remove them from the large clusters in smaller clusters of 2 or 3, being very careful indeed that the stem of



WHITE CURRANT.

each grape is in no wise loosened from the fruit; fill the jars with these clusters, or with the single grapes if preferred, with the stems left entire or partly clipped; when full (do not shake, as the success depends upon the stem adhering to the fruit) immerse the jar in a pail of water which has been boiled and become cold; when the jar is quite full of water screw on the top while under water.

Cherries (Cold Process).—The stems of cherries may be clipped and the fruit canned in the same manner as grapes. It is more difficult to prepare cherries, as they loosen so easily from the stem.

Canned Peaches (Cold Process).—Pare and halve the fruit, fill a jar with it, *packing closely*, and fill the jar with water as for currants; cover and let stand 6 or 8 hours for the water to work its way into all openings; then fill in water to take the place of that which has worked in, and seal. Thus put up, all the freshness and flavor of the fruit is retained. Instead of the water cold syrup can be used, but the natural flavor is best retained without any sweetening.

Canned Rhubarb (Cold Process).—Take fresh green stalks, peel and slice as if for pies; then take fruit jars and pack this in up to the necks, and then fill the jars with cold water; now seal up air tight and it will keep any number of months. To see if the jars are tight set them bottom up for a little while and see if any water escapes; if not, they are all right. To use it, pour off the water and use like fresh pieplant; but to sweeten it, not over $\frac{1}{2}$ the sugar ordinarily used will be needed, as the water will extract some of the acid. The method is simple, and it will be equal to fresh pieplant when used.

Strawberries Canned Cold.—To each lb. of fruit allow 1 lb. sugar; dissolve the sugar in the least possible quantity of water, put in the strawberries and let both boil up together once thoroughly; then put the fruit and syrup in deep earthen pie plates, and let stand in the sun 24 hours covered with mosquito netting; or dry it in a cool oven; then can cold. Delicious.

Currants, Raspberries, Huckleberries and other small fruit may be canned the same way.

THE HUCKLEBERRY is native to the northern parts of the world. It has a spicy, rather sweetish taste and is very wholesome. It contains about 77% water, 5.7% sugar and 1.3% free acid. It belongs to the same species as the bilberry and blueberry.



HUCKLEBERRY.

CANNING MEAT.

Do not leave meat designed for canning exposed to the air; as soon as it is thoroughly cold, after killing, prepare it by selecting

pieces free from blood. Remove all bone, gristle and inferior pieces, and cut it into suitable pieces for the table, having them rather thin than otherwise. On the bottom of a Mason's self-sealing can put a little salt, pepper, and a dash of pulverized, sifted saltpetre; then put in a layer of meat, and on that sprinkle more of the same seasoning, and so on alternately, filling the can to within an inch of the top, pressing the layers down firmly while packing that there may be no air spaces. On the top layer use the seasoning more freely. Fill the can with lard, heated sufficiently to run smoothly. Cover with a paper bag, and keep in a cool, dark place. It will keep from January to July.

Canned Meat No. 2.—Take fresh beef and boil it until all the bones will come out; then take the meat out, remove the bones and cut in short lengths, returning it to the liquor; season to taste with salt, pepper, a little mace, cloves and chopped onions, if liked. Take the meat from the liquor with a wire dipper, fill it into the cans, pour on the boiling liquor, and seal tight. Keep in a dark, cool place.

CANNED CORN BEEF.—Before the brine sours or changes in the least, boil the meat till tender; then remove the bone, gristle, and white fiber, return to the boiling liquor, and when hot, can it, pressing it *compactly*; cover it well with the boiling hot liquor and seal. Keep the cans in paper bags in a cool cellar. Examine on the approach of warm weather, and if on shaking the cans any bubbles arise, open such cans and use the meat at once.

Pickled Tongue is also very nice put up in this way.

Mince and Sausage Meat must be put into cans while at boiling heat, if thus preserved.

PRESERVING MEATS.—All the resources of science have been called into play to devise means to preserve meat so that the surplus of one region can be transported unimpaired to supply the needs of another region less bountifully supplied. The 4 most important methods which have been devised are by drying, by cold, by heating and excluding the air, and by the use of antiseptics. They are all based on killing or preventing the development of the germs (bacteria) which cause putrefaction. *Drying* preserves meat and vegetables because the low forms of life, as well as the higher, cannot develop without a certain amount of moisture, but the flavor and other qualities of meat are not improved by drying. *Freezing* preserves the meat because cold checks the growth of all micro-organisms. In *canning*, the usual method is to heat the article enough to kill all the germs, and then seal it up so tightly that no more can enter. *Antiseptics*, like salt, sugar, etc., act by preventing the development of the micro-organisms which cause decay. The action of salt is to draw the juices and many of the nutritive elements out of the meat, and when they are once drawn out they can never be restored again, so that salted meat is never as nutritious as fresh meat. The salt also hardens the fiber of the meat and makes it less digestible. Salt has a whitening effect on the meat also, and to

to counteract that, saltpetre is often added, but the latter tends to make the meat hard, dry and indigestible, and therefore a little cochineal is sometimes used for coloring instead.

PICKLES, CATSUPS, SOYS, ETC.

THE custom of pickling seems to have been practiced since very early times, the ancient Greeks and Romans highly esteeming their pickles made from herbs, roots and vegetables preserved by vinegar.

All vegetables and fruit used for pickles should be sound, and not over-ripe. Fruits can be pickled as well as vegetables.

The Vinegar.—Use only pure vinegar in making pickles, catsups and sauces. Cider vinegar is usually considered about the best for this purpose. As vinegar is weakened by boiling, it should be merely brought to the scalding point and then poured on the pickles; if not scalded but put on raw, however, it will not keep well. Have the vinegar strong or the pickles will seem "insipid." If the strength of the vinegar is lost, replace it with some which is strong, and boiling hot when poured on. Adding a little horseradish will help to keep up the life of the vinegar, but use it sparingly; 1 or 2 clusters of green grapes serve the same purpose. To heat vinegar, a good way is to put it in a stone jar in a sauce-pan, with hot water around it, and as soon as it reaches the boiling point remove from the fire, as boiling reduces both its strength and flavor.

Vinegar can be kept from molding by putting into each jar some horseradish, mustard seed or nasturtiums, but use only a little.

Using Alum and Parboiling.—If articles to be pickled are parboiled or scalded they will absorb the vinegar more readily, but they will not be so crisp. Cucumbers and gherkins are made crisp and green by dissolving a small lump of alum in the vinegar the first time it is scalded, but it is injurious to the health if too much is used.

Coloring Pickles.—A green color can easily be obtained, if desired, by soaking cabbage or vine leaves or the leaves of parsley or spinach in the vinegar, and the color thus obtained is harmless. Or to have cucumbers green put them into cold vinegar and heat them slowly over a moderate fire until they become green.

A CAUTION.— Bright green pickles have been popular, merely because of their looks. To gratify this taste pickles have been boiled in copper kettles with vinegar and a little alum. The acetic acid of the vinegar acts on the copper and forms acetate of copper, which is commonly and well known as *verdigris*. This penetrates the pickles and colors them green, but it should be understood that this acetate of copper (*verdigris*) is really a most active poison, and that pickles thus prepared are *poisonous and unhealthy*.

Spices.—Use spices judiciously so that all combine into a pleasant flavor without having one flavor predominate over all the others, and do not flavor so strongly as to entirely disguise the original flavor of the article pickled.

Brine.—The rule for the brine used for pickles is “strong enough to float an egg.” The proportion is about 1 quart of water to 1 cup salt.

The Kettle, etc.—Use porcelain-lined or granite kettles for putting up pickles. The acid in vinegar will act on the lead in tinned vessels, and produce the poisonous acetate of lead, and in brass or copper vessels it produces the poisonous acetate of copper (*verdigris*). As the mild acids, however, do not affect aluminum, utensils made of that metal are excellent to use for this purpose.

Use wooden spoons instead of metal spoons or forks. If, however, any metal spoons or forks are used have them either of aluminum or silver.

Keeping Pickles.—Pickles will become soft and spoil if exposed to the air, so that they should always be kept covered with vinegar; there should be 2 or 3 inches of vinegar over them; keep the jar tightly closed. If pickles show signs at any time of becoming moldy or soft, pour off the vinegar, scald it, skim, add to each gallon of vinegar 1 handful of sugar, and pour it back on again, boiling hot. The sugar will form fresh vinegar and so strengthen the old. If pickles are put in jars and sealed while hot, they keep better than in any other way.

Pickles should be kept in a dry, cool place, but they will be spoiled if they freeze. They are best kept in stone or glass; never use glazed jars, as the salt and vinegar will dissolve out the little lead which is used in glazing, and form the poisonous acetate of lead. No vessel which has held grease should be used for keeping pickles.

Pickles are an agreeable addition to our food, but they should be eaten sparingly, as they are not easily digested.

SOUR PICKLES.

PICKLED BEETS.—(1) Wash them, and be careful not to prick the outside skin or they will lose their beautiful color; put them into boiling water, simmer gently until $\frac{3}{4}$ done (about $1\frac{1}{2}$ hours), take out and cool; then peel, and cut into slices $\frac{1}{2}$ inch thick. Take vinegar enough to cover, add 2 oz. allspice, and 2 oz. whole pepper to each gallon, and boil 5 minutes; when cold, pour it

on the beets, and cover closely. They can be used in a week. (2) Another way is to take 4 or 5 medium-sized beets, boil them soft, put in cold water, rub off the skins, wipe dry, cut in pieces, and chop finely in the chopping bowl; add, while chopping, an even teaspoon of salt and sugar, a saltspoon each of mustard and pepper; pack into a salad dish or bowl; cover with cold vinegar, and let it stand until the next day before serving.

Carrots may be pickled in the same manner. Few people know how good carrots are when pickled.

ARTICHOKEs.—Take a strong brine and boil the artichokes in it 2 or 3 minutes; then drain them on a sieve, and put in jars when cold. Boil some nutmeg, mace and ginger in enough vinegar to cover; pour it on hot and seal the jars.

BEANS.—String the beans and boil until tender, putting a little salt in the water; then drain in a colander, and when cold put in jars; add 1 tablespoon of horseradish, sprinkle with cayenne pepper lightly, and cover with good cider vinegar.

PICKLED CABBAGE.—Slice the cabbage fine, and cover with boiling water; drain off the water when cold. Season with red and black pepper in equal parts, salt, cinnamon and cloves, and grated horseradish. Cover with strong vinegar.

PICKLED CAULIFLOWER.—Break the heads into small pieces, and boil in salt and water 10 or 15 minutes; then drain carefully, and place in jars when cold; tie white mustard, cloves, allspice and pepper in a bag, put it in vinegar and scald; take the vinegar from the stove, take out the bag, and to each quart add $\frac{1}{2}$ cup sugar, and 1 tablespoon of mustard; pour it over the cauliflower, and cover tightly.

CELERY PICKLES.—Take $\frac{1}{2}$ gallon of chopped celery, the same of chopped white cabbage, 4 oz. white mustard seed, $\frac{1}{2}$ oz. ginger root, 2 tablespoons salt, $\frac{1}{2}$ oz. turmeric, $\frac{1}{3}$ cup sugar, $\frac{3}{4}$ gallon cider vinegar; let all simmer gently until celery and cabbage are tender; then put in jars.

CHERRY PICKLES.—Take large, ripe cherries, leave the stems on, and put them whole into cans, filling them only $\frac{2}{3}$ full; take good cider vinegar, fill the cans with it cold, and seal without heating.



ARTICHOKE.

PICKLED CORN.—Select good corn and boil it on the cob; When done let it cool, and cut it from the cob; then pack it in a jar in alternate layers of salt and corn, having salt at the bottom and on top; then spread on a cloth, lay on a board, and weight it down. For use, soak it till fresh, in water, and cook or heat it. Many like it better this way than when canned.

String Beans and Lima Beans can also be packed in salt; after being in the salt 2 days they can be used at any time, and can be cooked like green vegetables, but while boiling, change the water 1 or 2 times. They will be like fresh vegetables.

CUCUMBER PICKLES.—Cut cucumbers from the vine instead of twisting or pulling them off, as that injures them. Fill a jar with cucumbers, and pour boiling water over them, with a little salt; let stand 6 hours or over night, and then put them into cold vinegar. To 1 gallon of vinegar add 1 cup salt and 1 tablespoon pulverized alum, and scald the pickles in this mixture; pour it off, and pour on new vinegar, with spice, red peppers, cinnamon, root ginger and cloves.

Cucumber Pickles No. 2.—Take $\frac{1}{2}$ bushel cucumbers, and soak 24 to 36 hours in brine strong enough to float an egg; then take them out, wash, and cover them with vinegar and water (half and half) adding alum the size of a large walnut; let soak 2 days. Then take out, put in jars, and put 1 green pepper in each large jar. Scald 2 gallons vinegar with 3 lbs. brown sugar, 1 oz. each stick cinnamon, whole cloves, and whole allspice, and pour it over the pickles. They can be used next day, and are fine.

Cucumber Pickles No. 3.—Pick when 2 or 3 inches long, no larger. Wash, dry, and put a layer in the bottom of a glass fruit jar; mix 1 teaspoon each of whole cloves, whole pepper-corns, allspice, and 2 teaspoons of stick cinnamon broken fine; sprinkle the cucumbers in the jar with this mixture, add more cucumbers, then more spice, and so alternately until the jar is full. This amount of spice is for 1 quart can. Fill the can with strong vinegar, cold, screw on the cover, and in about 4 or 5 weeks they will be ready for use. By this method one can pick cucumbers each day, using as many cans as they will fill; it is sure and easy, as there is no trouble salting, boiling, etc.

Cucumber Pickles No. 4.—Take 2 parts soft water, and 1 part New Orleans molasses or sorghum; put it in a jar or cask, and set it in the sun with a thin cloth and board covering it; the board should be removed during the day, but the cloth left on to keep out insects. This must be prepared long enough to get sour (say 4 weeks) before

putting in cucumbers. Set it in a cool place as soon as you begin to put in cucumbers; pick and put some in each day, and every time you put in cucumbers add a little molasses to keep up the strength of the vinegar. Lastly add 5 or 6 lbs. of brown sugar, a few horseradish roots and a small piece of alum. Some use the same vinegar every year; strain it, and add molasses as the cucumbers are put in. It saves the trouble of making fresh every year.

SALTING CUCUMBERS.—Wash them, and put first a layer of salt, then a layer of cucumbers, and so on alternately until the jar is full, having salt on top and keeping all down with a weight. They will keep this way 2 or 3 years. For use, freshen them by soaking in water for 2 or 3 days, changing the water daily. Scald vinegar, to which is added spices, and a little sugar if desired, and pour this hot over the cucumbers. A cloth can be laid over salted cucumbers, under the weight, and the scum that arises may be removed by taking off the cloth and rinsing it. Horseradish tops or cabbage leaves placed under the cloth will prevent molding.

LARGE CUCUMBER PICKLES.—Very nice pickles may be made with the large cucumbers that would be considered unfit for use by some people. Peel them, and take out the seeds and soft part; cut them the long way of the cucumber, cover them with cold vinegar, and let them stand one day and night; drain them well and put on fresh vinegar, with 2 lbs. sugar; put 1 oz. cassia buds in a quart of vinegar and add to the pickles. Boil for 20 minutes then put them away in jars, well covered.

PICKLED GHERKINS.—Put them in strong brine until they are yellow; then remove them, and pour on hot, spiced vinegar, and keep them in a warm place until they turn green; take them out, and cover with good vinegar, boiling hot and spiced to taste.

GHERKINS are young cucumbers, gathered before they are mature, and they are used for nothing but pickling; as pickles, however, they are generally liked. They should not be gathered too young, or their flavor will not be sufficiently developed.

PICKLED EGGS.—Boil eggs hard, take off the shells, and put them in jars; take vinegar enough to cover, season it well with cloves, all-spice and whole peppers, and a little ginger tied in a muslin bag; bring it to a boil, and pour it hot on the eggs; close the jars tightly when cold. They will be ready for use in a fortnight.



GHERKINS.

SPICED CUCUMBER PICKLES.—Soak 2 quarts of salted pickles in cold water until quite fresh—it may take 2 days; be sure and change the water 2 or 3 times a day; when fresh, wipe dry and pack closely in jars. Take 1 quart vinegar, $1\frac{1}{2}$ cups brown sugar, 1 tablespoon cinnamon, and 1 teaspoon cloves tied in a bag; bring to a boil, and turn it over the pickles while hot.

JERSEY PICKLES.—Take one peck of ripe tomatoes, 3 peppers, 3 tablespoons salt, 1 heaping teaspoon of cloves, 3 heaping teaspoons cinnamon, 4 cups sugar, 2 cups vinegar; boil from $1\frac{1}{2}$ to 2 hours.

PICKLED LEMONS.—(1) Select 12 small lemons with thick skins; cut into them nearly to the center, but not quite enough so that they fall apart; fill the openings with salt, and pack them in an earthen dish on end; set away, and in about 4 days there will be brine enough to partly cover them; turn them over, repeating each day for 4 days, so that all parts may soak in the brine; then drain them out and put in glass jars. Add enough cider vinegar to cover the fruit, a little crushed ginger root and a Jamaica pepper if desired, or other spice; bring it slowly to a boil, skim, and pour it on the fruit when cold. (2) Another way is to wash 2 doz. lemons, cut across or through the ends of each about 2 inches and pack with the cut end down in a stone jar; add 4 quarts vinegar, $\frac{1}{4}$ lb. mustard-seed, $\frac{3}{4}$ lb. salt, $\frac{1}{2}$ oz. each of cayenne pepper, cloves, and nutmeg, and 1 small onion; cover the jar, and set it in a kettle of boiling water and boil all day. They should be tender enough to pierce with a fork easily.

PICKLED LIMES.—(1) Take 12 limes, make incisions into the rinds into which rub salt, put them on end in an earthen dish, and set in a warm place 4 or 5 days, or until soft, turning them over 1 or 2 times, and put them in glass jars, pouring in the brine. Take enough vinegar to cover them, add $\frac{1}{2}$ oz. whole pepper, and 2 oz. each of bruised ginger and mustard-seed, bring to a boil, and pour on them while hot. When cold, seal the jars. (2) Pick limes when full grown, sound and fresh, and put them at once into brine about as strong as sea-water; in 2 or 3 days it will become bitter; pour it off, cover with fresh brine, and repeat about 3 times, or until the bitterness is extracted. Cover with fresh brine, and they will keep indefinitely and can be shipped, being always saleable barreled thus.



THE LIME.

THE LIME is a native of India and China. In the West Indies it is grown for hedges. The fruit is similar to the lemon, but smaller. It has a thin, smooth rind and a very acid juice which some prefer to that of the lemon.

PICKLED MARTYNIAS.—Choose the small, tender martynias; wash and brush them carefully; soak them in a strong brine for 5 days, then soak them in fresh water until the salty taste is nearly gone; next wipe them dry; put them in a jar, and pour over them well spiced hot vinegar, flavored with onions if liked.

MANGO PICKLES.—Pick green cantelope melons when half grown (about the size of a pint bowl); cut out 1 lobe, carefully scrape out all the seeds, return the lobe and tie it in place; put 15 of the melons in a brine strong enough to float an egg, and leave 6 weeks, keeping them well under; then take out, soak in fresh water 24 hours, then remove, wipe dry, and fill with the following stuffing: Take $\frac{1}{2}$ lb. scraped horseradish, $\frac{1}{2}$ lb. race ginger, scalded, scraped and chopped fine, 2 nutmegs, $\frac{1}{2}$ oz. mace, 1 oz. whole black peppers; 1 small box good mustard, 1 oz. turmeric, 12 large onions minced very fine. Pound the mace, nutmegs and black pepper together, and mix all the ingredients together with enough salad oil to make it into a paste. Stuff each melon perfectly full; return and tie the lobe in place with thread, and put each mango when stuffed into a jar large enough to hold them all. Put enough strong cider vinegar to fill the jar into a preserving kettle; crack and add $\frac{1}{2}$ oz. each of cloves, ground ginger, mace and allspice, let boil, and pour hot over the mangoes. Keep the jar closely covered. Made in the fall the pickles will be fit to eat Christmas, but the following Christmas they will be matchless, their perfection increasing with age. This pickle is the most elegant made, and is suitable for any dinner that can be served.

MIXED PICKLES.—Take 2 heads of cauliflower, 2 heads cabbage, 50 small cucumbers, 8 small carrots, 2 quarts string beans, 12 sticks of celery, 6 red peppers (without the seeds) and 3 green peppers; chop these vegetables separately, and let them soak over night in salt and water; in the morning wash and drain them. Take 2 grated nutmegs, 3 teaspoons each of mace and cinnamon, tie in a muslin bag, and put into vinegar enough to cover the vegetables; scald it, pour it over the vegetables hot, put in jars and cover closely.

GREEN PEPPER MANGOES.—Take green peppers which are sound and firm and add as many red ones for appearance; cut off the top, extract the seeds, put into a strong brine, and let soak 24 hours; then drain them, wipe, and fill with a stuffing made of ground cloves,

mustard seed, green tomatoes chopped, cabbage chopped, and salt, mixed all together; sew on the tops, and cover them with strong, hot vinegar containing 1 cup brown sugar; repeat for 4 mornings, and seal up.

THE CAPSICUM family (to which peppers belong) is native to Asia and America. *Cayenne pepper* is made from the dried pods and seeds of various species of capsicum. As a condiment it is wholesome and aids digestion. Although less used than black pepper it is more wholesome. *Chillies* is a Mexican name signifying pods.

PEACH MANGOES.—Take large, fine, free-stone peaches; with a silver knife cut a hole in the side just large enough to remove the stone, take it out, put back the piece, tie it in, and put the peaches into a strong brine; leave 36 hours, drain out, and let them lie 20 minutes in cold water; wipe carefully, and fill the inside with grated horseradish to which is added a little celery seed and crushed ginger root, and moistened with vinegar. Replace the piece forming the opening, sew or tie it in place with thread; stand them closely in glass jars, and cover them with boiling hot vinegar, containing 1 cup sugar to each quart of vinegar; tie up when cold. They can be used in 8 days.

PICKLED MUSHROOMS.—Clean carefully, and boil a few minutes in salt and water; drain, and dry them between linen cloths; put into jars, and cover with vinegar, spiced to taste.

MUSTARD PICKLES.—Chop fine, equal quantities of cauliflower, white onions, celery, green peppers and green tomatoes; pour on a scalding hot brine, let stand over night, and drain. Take $\frac{3}{4}$ gallon cider vinegar, 1 cup sugar, and 2 tablespoons of butter; bring to a boil, and add 1 cup flour, 6 tablespoons ground mustard, $\frac{1}{2}$ oz. turmeric powder wet in cold vinegar; pour it all, scalding hot, over the pickles.

PICKLED NASTURTIUMS.—Leave about 1 inch of stem on when they are picked; let them soak in strong brine for 3 days; drain, and soak them in cold water 1 day; drain, put in jars, and pour on boiling vinegar to cover; they need no spices. They can be used in a month, and will serve instead of capers if desired.

THE NASTURTIUM is a native of the east. It belongs to the same family as the cresses. The leaves are sometimes added to salads. The flowers can be steeped in vinegar, thus forming *nasturtium vinegar*.



CAPSICUM.



NASTURTIUMS.

PICKLED ONIONS.—(1) Take nice onions, peel them, put into boiling water, and let them stew until quite clear; then remove them quickly, put them between cloths to dry, and then put them in glass jars. Take good vinegar, put in ginger and whole peppers, bring to a boil, and when cold pour over the onions, and tie up closely. (2) Select button onions, cover with scalding hot brine, and leave 36 hours; drain, put in jars, and cover with vinegar, poured on hot, and spiced as desired.

PICKLED OYSTERS.—Take 1 quart oyster liquor, 7 tablespoons good vinegar, 1 teaspoon each of allspice and white pepper, 1 tablespoon of salt and 2 blades of mace; into this put 1 quart of oysters, and simmer 5 minutes; take them out, boil the liquor, skim it, and pour it over the oysters; can them while hot if you wish to keep them some time.

PICKLED PARSLEY.—Prepare a brine and thoroughly wash selected parsley in it; drain, shake dry, put into glass jars, cover with cold vinegar, containing 1 tablespoon of chopped horseradish to the quart, and tie up. It can be used for garnishing.

PICKLED PEPPERS.—Take large green ones, and extract the seeds through a slit cut in the side, but leaving them whole; then put them in a strong brine for 2 days, changing it once; then put them in cold water for 1 day; drain, and pour on boiling hot, a solution of $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water; when cold, drain them, put into jars, and cover with strong cider vinegar, boiling hot. Tie up when cold. They are sometimes filled, before being put into the jars, with a stuffing made of cabbage head, chopped fine, seasoned with salt and white mustard-seed mixed in well; then sew up, put in jars, and cover with cold spiced vinegar.



PEPPERS.

PICCALILLI.—Slice one peck of green tomatoes, add 1 cup salt, cover with water and let stand 24 hours; then drain through a sieve, add 4 green peppers and 8 onions and chop fine; cover with vinegar and scald; drain off, add 1 cup sugar, 1 tablespoon each of cloves and allspice, and 2 ounces of white mustard seed, and cover with cold vinegar.

GREEN TOMATO PICKLES.—Slice 1 peck of green tomatoes and let stand over night with a little salt sprinkled between them; ~~in~~

the morning put them into weak vinegar and scald; remove the tomatoes and when cold put in jars. Take strong cider vinegar to cover, add 1 cup sugar, 4 green peppers, mustard and spice to taste, bring it to a boil, and pour over the tomatoes.

RIPE TOMATO PICKLES.—Use the small yellow plum tomatoes; prick them with a coarse needle, pack in jars, and cover with hot cider vinegar, spiced or not as preferred. Cover close and keep in a cool place.

PICKLED TURNIPS.—Wash them, but do not break the skin or the juice will escape; boil them, and when done, pare, cut in slices $\frac{1}{2}$ inch thick, and pour on spiced vinegar boiling hot. They are best eaten when new.

PICKLED WALNUTS OR BUTTERNUTS.—Gather them when young enough to be pierced readily with a pin; put them in strong brine, and leave them 7 days, changing it every other day; then take them out, wipe dry, and pierce them with a large needle in a number of places; cover them for 8 hours, or over night, with cold water; then drain, and put in jars. Take enough cider vinegar to cover, and to each gallon allow 12 blades mace, 1 cup sugar, 36 black peppercorns, 36 cloves, and 1 tablespoon allspice; boil 5 minutes and pour hot on the nuts; repeat twice, 3 days apart, and tie up.

ORNAMENTAL PICKLE.—Take red beets, cook until tender, then peel and cut into dice, put in jars and cover with vinegar spiced to taste. Boil eggs 25 mintues, then drop into cold water; when cold, shell and put in with the pickles.

FRENCH PICKLES.—Take 1 peck of green tomatoes, 1 medium-sized cabbage, 6 large onions, 6 large peppers; chop all very fine, but let the tomatoes drain through a colander before adding the rest. Add 1 cup white mustard-seed, 2 lbs. brown sugar, 1 gallon strong vinegar, 2 tablespoons cinnamon, 1 tablespoon each of allspice, cloves and black pepper and $\frac{1}{2}$ cup salt; cook $\frac{1}{2}$ hour and put into a jar.

RUSSIA PICKLES.—Take 2 gallons cabbage coarsely chopped, 12 onions, 4 quarts green tomatoes chopped together, 6 green peppers, 1 oz. pepper berry, 1 oz. celery seed, $\frac{1}{4}$ lb. white mustard-seed, $1\frac{1}{4}$ lbs. sugar, $\frac{1}{2}$ gill salt, 4 quarts vinegar; boil all together until the cabbage and tomatoes are tender; then add $\frac{1}{2}$ oz. turmeric. Can while hot.

CHILI SAUCE.—Take 18 large tomatoes (not too ripe), 1 green pepper, 3 onions; chop fine and add 2 tablespoons of salt, $\frac{1}{2}$ cup

sugar, 2 cups vinegar, 1 teaspoon each of cloves, nutmeg, cinnamon and allspice; boil 2 hours and put in cans.

CHOW CHOW.—Take 2 large heads of cauliflower, 2 quarts green peppers, 3 quarts green cucumbers, 3 quarts green tomatoes, 2 quarts small onions; slice about $\frac{1}{2}$ inch thick, and sprinkle with salt in alternate layers of tomatoes, onions and cucumbers; boil the cauliflowers about 5 minutes; let them stand over night, then strain all carefully and free from water. Then place in jars and make a seasoning as follows: Take 1 lb. mustard, $\frac{1}{2}$ lb. mustard-seed, $\frac{1}{2}$ lb. whole allspice, $\frac{1}{2}$ lb. whole black pepper, 2 cups brine, 1 gallon vinegar, 1 tablespoon curry powder; boil strongly 15 minutes, and pour over the vegetables. If too thick, add vinegar. Mix the mustard with vinegar, and tie the spices all together in a muslin bag; they should all boil with the vinegar.

Chow Chow No. 2.—Take equal amounts of green tomatoes and cabbage, $\frac{1}{2}$ the amount of onions, or less if preferred, and 1 or 2 green peppers; chop all together fine; then season with plenty of salt, a red pepper cut fine after removing the seeds, black pepper and a little white mustard-seed. Mix the spices well through the mass, pack in jars or bottles, and pour on cold vinegar. Keep it cool. It will be ready for use in a few days, will keep several weeks, and can be made thus without cooking.

SWEET PICKLES.

These are made from any of the fruits suitable for preserving, and also from some of the vegetables. The strength of the syrup used varies from 1 to 4 lbs. sugar to the quart of vinegar, as vinegar varies in strength and some people like it sweeter than others, but it is better to have the syrup rich. The best sugar to use is the best light brown or coffee "C" sugar; some use maple sugar.

The spices generally used are cinnamon and cloves, although allspice, mace and ginger are sometimes added, and can be used by any who desire them. The spices should be tied in a muslin bag before being boiled in the syrup, or they will discolor such fruits as apples, pears, etc.

Apples, melon rinds, cucumbers and pears should be steamed until tender enough to pierce with a broom straw or fork before pouring the hot syrup over them, as it then penetrates them more readily. Smooth skinned fruits, like plums, etc., should be pricked with a needle before being cooked in the syrup. Peaches if very ripe

do not need steaming, but otherwise they do. They are sometimes merely rubbed well with a cloth; some people wash them first with a weak lye, and some cooks peel them.

The method of making sweet pickles is to prepare the syrup, bring it to a boil, put in the pickles, and boil until tender; then put into jars and put away when cold. Another way is to prepare the syrup and pour it boiling hot on the pickles; let stand until next day, drain off the syrup, boil it, pour on hot again, and repeat this for 4 or 5 days; then seal hot. Either plan works well.

A Hint.—Many people do not know that sweet pickles can be made from preserves of almost any kind. All that is needed is to take the syrup, add vinegar and any spices desired, boil it up, and pour it again on the fruit.

PICKLED APPLES.—Peel and core them, and steam until tender; prepare a syrup of 3 lbs. sugar to 1 quart of vinegar, add spices (tied in a bag) bring to a boil, put in the apples, let simmer quietly 2 minutes, then put in jars and seal.

CRAB APPLES.—Select good apples, take out the blossom end, steam until a fork will readily pierce them; prepare a rich syrup of $3\frac{1}{2}$ lbs. sugar to 1 pint vinegar, add spices, and finish like sweet apples.



CRAB APPLE.

PICKLED BEETS.—Boil them until tender, in a porcelain-lined kettle, and when cold slice them crossways, as the appearance is better than if cut lengthways; put in jars and pour on a hot rich syrup of vinegar, sugar, and spices to taste (put the spices in a bag).

PICKLED BLACKBERRIES.—Prepare a syrup of 2 pints vinegar, 4 lbs. sugar, and $\frac{1}{2}$ oz. each of cinnamon and cloves; bring it to a boil, put in 10 lbs. berries, *simmer* for $\frac{1}{4}$ hour, and put into jars.

Blueberries, Raspberries and Strawberries can be put up the same way.

PICKLED RED CABBAGE.—Cut fine 8 heads of red cabbage, pack it in a crock in layers, sprinkling salt between each layer, and let stand over night. Then put 6 lbs. sugar in $\frac{3}{4}$ gallon of vinegar, add 2 oz. each of allspice, pepper, cinnamon and cloves, and 2 tablespoons of celery seeds (tied in a bag); boil it and pour hot on the cabbage.

PICKLED CANTELOPE.—Select melons which are neither soft, yellow, nor yet very green; pare, remove the seeds and soft inside,

slice, and stick a clove with the blossom end taken off into each piece. Prepare a syrup of $3\frac{1}{2}$ lbs. sugar to 2 quarts vinegar, and when it boils put in the melons and simmer until they are soft and transparent; then put into glass jars and pour on the syrup hot; leave until the next day and they will have settled a little, when fill again with the cold syrup left over, and cover closely.

PICKLED CAULIFLOWER.—Cut the cauliflower into any shaped pieces desired, put them into strong brine, and leave 24 hours; then take out, boil the brine, and pour it on the pickles scalding hot; let stand until next day, and drain them out. Prepare a spiced vinegar, boiling any spices desired in it; let it get cold, and pour it cold on the pickles.

PICKLED CHERRIES.—Stone and put into a jar 5 lbs. good ripe cherries, adding a few pits to flavor; take $\frac{1}{2}$ oz. each of mace, cloves and cinnamon, 2 lbs. sugar, and 2 pints good cider vinegar; put all together, bring to a boil, and pour over the fruit hot.

CURRENTS.—Put 6 heaping cups of sugar into 1 quart vinegar; add 7 lbs. currants, scald them, take them out and put in jars; boil the syrup a few minutes, and pour it hot over the fruit. Use only $\frac{1}{2}$ as much vinegar if they are desired sweeter.



CHERRIES.

CUCUMBER PICKLES.—Take ripe cucumbers, quarter them, remove the seeds, and soak in strong brine (keeping them well under) for 10 days; take out, soak 1 day in clear cold water, and then over night in weak alum water, and drain them out; take 1 quart of vinegar, 6 cups sugar, 2 tablespoons each of cloves, mace and cinnamon (tied in a bag), bring to a boil, put in the cucumbers, and simmer until tender.

PICKLED GRAPES.—Take fresh, sound, ripe grapes, and pack them in jars; prepare sweetened and spiced vinegar, let it get cold, and pour over the grapes, covering them fully.

PICKLED FIGS.—Make a hot pickle of sweetened cider vinegar; take ripe figs, peel them, put them in the pickle, and boil gently until tender.

PICKLED PLUMS.—Gather the plums with the stalks, prick them with a needle, and put them with layers of cloves and cinnamon into glass jars. For every 4 lbs. plums boil up 2 lbs. sugar and

1 quart of vinegar, and pour it hot over the plums. Next day pour off the vinegar, boil it up again, and pour it over the fruit again; repeat this twice, then tie up. It improves by keeping.

PICKLED PEACHES.—If hard, steam them until tender; if soft, wipe them only; then pack them in jars. Take 1 quart of sugar and 1 tablespoon of cloves and broken stick cinnamon (tied in a bag) to each quart of vinegar; boil it 5 minutes and pour hot over the fruit; the next day turn it off, boil again, and pour hot on the peaches again; repeat once, seal up and put away.

Pears and Quinces can be put up the same way, but the latter can be pared, cored and quartered before steaming, and the parings and cores used for making jelly.

PICKLED PINEAPPLE.—This can be pared, sliced, and boiled gently until tender; then put in jars and finished like peaches.

PICKLED RAISINS.—Prepare a syrup of 1 cup sugar to 1 pint vinegar; put in 2 lbs. raisins, leaving the stems on, and cook gently 30 minutes; then put them into jars.

GREEN TOMATO PICKLES.—Slice 1 peck green tomatoes and 6 large onions (or 1 quart of small ones); sprinkle on 1 cup salt, and let stand over night; in the morning drain; then boil them 5 minutes in 2 pints vinegar and 4 pints water, and again drain through a colander. Then take 1 gallon vinegar, and 2 lbs. sugar, 2 oz. white mustard-seed, 2 tablespoons each of cinnamon, ginger and cloves, and 6 green peppers, chopped, or $\frac{1}{2}$ teaspoon cayenne pepper instead; boil all gently 15 minutes, and pour over the chopped tomatoes and onions. They will keep a year or more. If desired, the onions can be omitted, and the tomatoes put up alone in the same way.

Tomato Pickles No. 2.—Take 1 peck sliced green tomatoes, and let them stand in strong brine all night; then drain, boil until tender, drain again and put in jars. Prepare a syrup of 3 lbs. sugar, $\frac{1}{2}$ oz. allspice, and 1 oz. each cinnamon and cloves to 1 quart vinegar; boil, and pour hot over the tomatoes.

HUSK TOMATO PICKLES.—For 7 lbs. husk tomatoes use 4 lbs. sugar, 2 cups vinegar, 2 teaspoons each of cloves, cinnamon and mace; prick the tomatoes instead of peeling, put them in a porcelain kettle with the sugar in alternate layers, heat slowly to boiling, add the vinegar and spices, and boil 5 minutes; take the fruit out with a



TOMATO.

perforated skimmer, and spread it on dishes to cool; when cool, pack it in glass jars, boil the syrup thick, and pour it boiling hot on the fruit. Examine them occasionally the first month, and if any signs of fermenting appear, set the jars uncovered in a kettle of water (with thick cloth under them) and heat until the contents are scalded. These are very nice.

WATERMELON RIND.—Soak it in vinegar over night; then boil it in water until tender, and drain. Prepare a syrup of 3 lbs. sugar and 1 oz. each cinnamon and cloves (tied in a bag) to 1 quart vinegar, or to 1 pint vinegar if wanted very sweet; bring it to a boil, put in the rind, boil 5 minutes and put in jars.

Citron can be put up in the same way.

SPICED FRUIT.

Some people confound spiced fruit and sweet pickles, but they are not the same. Sweet pickles are really a pickle, but spiced fruit is a spiced preserve, usually boiled down thick.

SPICED FRUIT.—Sprinkle 1½ lbs. sugar over 3½ lbs. fruit and let it stand over night; then take the juice, add 1 cup vinegar, and cinnamon, mace and cloves to taste, and boil 15 minutes, then put the fruit in and boil 10 minutes and put in jars.

SPICED APPLES.—Take 2 cups vinegar, 2 lbs. of sugar, ½ oz. cinnamon and ¼ oz. of cloves; boil all together, and while boiling add 4 lbs. of apples which are pared, quartered and cored; let them boil about 20 minutes, or until tender; then take them out and put in a jar; boil the syrup down until thick and pour it over the apples.

SPICED BLACKBERRIES.—Take 1 cup of vinegar, 2 cups of sugar, and 1 tablespoon each of allspice, cloves and cinnamon; add 2½ lbs. blackberries, bring to a boil, skim out the blackberries, and boil the balance for 1 hour; put back the berries and boil 15 minutes; then put in jars and tightly cover.

THE BLACKBERRY is found in northern climates and well repays cultivation. The root is astringent and is used to check diarrhea. The fruit is wholesome and palatable. Its composition is 86.3% water, 4.5% sugar and 1.2% free acid.



BLACKBERRY.

SPICED CHERRIES.—Boil together 2 pints vinegar, 2 lbs. sugar, and, tied in a bag, $\frac{1}{2}$ oz. each of cinnamon, cloves and mace; then put in 5 lbs. tart cherries, having the stems left on, and boil 20 minutes.

SPICED CURRENTS.—Take 4 lbs. sugar, 2 cups of vinegar, 4 teaspoons each of allspice, cinnamon and cloves (tied in a bag); add 5 lbs. currants and boil 2 to 3 hours.

SPICED ELDERBERRIES.—Take 2 cups vinegar, 4 lbs. sugar, 1 teaspoon each of allspice and cloves and 1 tablespoon of cinnamon (all tied in a bag), and boil; then add 6 lbs. elderberries, boil 2 hours, and put in jars.

THE ELDERBERRY is widely distributed. The berries are sub-acid and sweetish with a rather unpleasant flavor. Some of the poorer German people use them in soups. The flower buds are sometimes pickled and used like capers. They are aperient, diuretic and sudorific medicinally.



ELDERBERRIES.

SPICED GOOSEBERRIES.—Take 5 lbs. gooseberries, 4 lbs. sugar, 2 cups vinegar, 1 tablespoon cloves and cinnamon; boil 3 hours, then put in jars.

SPICED GRAPES.—Pulp 7 lbs. grapes and scald until the pulps will pass through a sieve; then put them in the preserving kettle, add 5 lbs. sugar, 1 quart vinegar, and ground cinnamon, cloves and allspice to taste; let boil, add the skins, and boil 1 hour, or longer if they are wanted very thick.

SPICED PEARS.—Take 2 cups vinegar and 6 cups of sugar, and put cinnamon, cloves and mace in a bag and boil all till nearly thick enough; then put in pears which have been nicely pared, and 3 or 4 cloves (without the heads) stuck in each one, and boil until they look clear; now put the pears in a jar, pour the syrup over, cover tightly, and they will keep indefinitely.

SPICED PEACHES.—Wipe $2\frac{1}{2}$ lbs. peaches and boil them until tender in 2 cups vinegar and 1 lb. brown sugar; then take them out and put in $\frac{1}{2}$ oz. each of cinnamon, mace and cloves, boil them all well, and pour over the peaches.

SPICED TOMATOES.—To each pound of ripe tomatoes (peeled) allow $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ lb. sugar, and spices to taste; boil all together gently until the tomatoes are cooked; take out the tomatoes and put them on a dish till cold, but let the syrup simmer; put back the tomatoes when cold, and cook till they are a dark red; then take them out and boil the syrup down thick. When cold, put in jars and seal.

CATSUPS AND SOYS.

In making catsups use good sound fruit. See what we say about "The Utensils Used" in the introduction to our article on "Jams, Jellies, etc.,," as that will apply also for catsups. Do not put these up in tin cans, but use glass or stone jars. If mold is found on *top* when the catsup is opened, it can all be removed, and the contents will not be seriously injured; but if mold is scattered in spots *throughout the mass*, it is worthless. If when a can is opened there is danger that the balance of the contents will spoil, it should be thoroughly heated. Vinegar can then be added if too thick.

Catsups, like preserves, should be kept in a dark, dry, cool place. A few whole cloves laid on top will prevent mold from forming.

APPLE CATSUP.—Take 12 tart, sound apples, pare and quarter them, and cook in very little water until soft; then pulp through a sieve; for each quart of this pulp take 2 cups vinegar, 2 medium-sized onions chopped fine, 1 cup of sugar, 2 teaspoons of cinnamon, 1 teaspoon each of mustard, cloves and pepper, 1 tablespoon salt; mix all together with the pulp, and boil 1 hour; put into jars hc^t, and seal tight.

CRAB APPLE CATSUP.—Take $\frac{1}{2}$ peck of chopped crab apples (do not remove the skins), 3 cups of sugar, 1 pint of vinegar, 1 even tablespoon salt, 1 teaspoon each of ground cinnamon, pepper, and cloves. Cook slowly until soft; then put in jars.

CHERRY CATSUP.—Take the pits from 2 quarts of nice large cherries; put 2 cups of vinegar with 2 cups of sugar, a dozen whole cloves, and 2 or 3 sticks of cinnamon, broken coarsely, in the preserving kettle, and boil the cherries 10 minutes. Set away in the kettle until next day; boil again 5 minutes and pack hot in wide-mouthed bottles; cork tightly. A few whole cloves under the corks will prevent mold in the tops of the bottles.

CUCUMBER CATSUP.—Grate the cucumbers, drain them in a colander, and for each quart allow 2 cups vinegar, 4 tablespoons grated horseradish, 2 teaspoons salt, and $\frac{1}{2}$ teaspoon cayenne pepper. Bottle without cooking, and seal. Some cooks cover it with vinegar alone; others add 1 large onion, chopped very fine.

CURRENT CATSUP.—Take 6 quarts of currant juice, 2 lbs. sugar, 1 teaspoon cloves, 1 tablespoon each of cinnamon, allspice and salt. Boil half down; then add 1 cup vinegar. Cork tightly.



CUCUMBER.

ELDERBERRY CATSUP.—Pick 2 pints elderberries from the stalk, put in a jar, and pour over them 2 pints scalding hot vinegar; cover with window glass and set in the sun 2 days; then drain off the liquor and add 2 tablespoons white sugar, 1 tablespoon small peppers, 6 anchovies soaked and picked to pieces, 1 teaspoon salt, $\frac{1}{2}$ teaspoon cloves; boil 1 hour, stirring frequently, and keeping covered when not stirring; then take from the stove, let it cool, then strain, bottle, and seal.

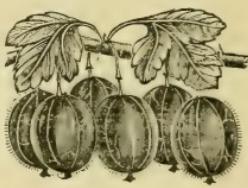
GRAPE CATSUP.—Take 6 lbs. grapes, boil in a little water and strain; add 3 lbs. sugar, 2 cups vinegar, 1 tablespoon each of cloves, cinnamon, extract of lemon, and salt; boil until thick, and bottle.

GOOSEBERRY CATSUP.—To 8 quarts of gooseberries add 4 lbs. brown sugar, 2 cups vinegar, 2 oz. cinnamon, 1 oz. cloves. Boil 4 hours slowly, and stir frequently.

LEMON CATSUP.—Mix together 4 tablespoons of white mustard-seed, 2 tablespoons each of grated horseradish and sugar, 1 tablespoon each of white pepper and turmeric, 1 tablespoon each of mace and cloves, 1 saltspoon of cayenne pepper, 1 shallot minced fine; have the spices all ground fine, and sprinkle on 2 tablespoons salt. Add the grated rind and juice of 12 lemons, cover, and put for 3 hours in a cool place; then boil $\frac{1}{2}$ hour, strain through flannel, bottle and seal.

MUSHROOM CATSUP.—Put the mushrooms in layers, with salt sprinkled on each layer, and let stand 4 days; then mash them fine, and to each quart add $\frac{2}{3}$ of a teaspoon of black pepper, and boil it 2 hours in a crock set in boiling water; strain it from the liquor without squeezing; boil the liquor, and let it stand to cool and settle; then bottle and seal securely.

OYSTER CATSUP.—Chop 1 quart of oysters, put them in a porcelain kettle with their liquor and 1 cup vinegar; bring to a boil, skim off the scum as it rises, and boil 3 or 4 minutes; strain through coarse flannel or a hair sieve, return the liquor to the fire and add 1 tablespoon salt, and 1 teaspoon each of mace and cayenne pepper; boil 20 minutes, and bottle when cold, sealing it well.



GOOSEBERRIES.



MUSHROOMS.

PEPPER CATSUP.—Take 50 pods of large, red, bell peppers, seeds and all; add 1 pint vinegar, and boil until you can pull it through a sieve; then add to the pulp 1 pint vinegar, 2 tablespoons each of sugar, cloves, mace, allspice, salt and onions, and boil all to the proper consistency. Some cooks omit the spices.

TOMATO CATSUP.—Tomatoes for catsups are best gathered in August, as they become acid and watery later on. Select good tomatoes, scald and strain through a sieve; to each 2 quarts of the sifted tomatoes, allow $2\frac{1}{2}$ tablespoons each of black pepper, salt and ground mustard, 1 tablespoon of cloves, and 2 cups of vinegar; boil 3 hours and bottle for use.

Tomato Catsup No. 2.—Take 1 bushel of tomatoes, 2 oz. salt, $1\frac{1}{2}$ oz. ground black pepper, 1 oz. ground cinnamon, $\frac{1}{2}$ oz. ground cloves, 3 tablespoons ground mustard. Skin and slice the tomatoes, stew them until soft, rub through a sieve, and boil the pulp slowly until it is about the consistency of apple butter; then add 1 quart of vinegar to which has been added 1 cup of sugar and the above spices; boil up twice, bottle and seal.

WALNUT CATSUP.—Gather the nuts while they are young and tender enough to pierce with a pin easily; mash them to a soft pulp, and let them lie in salt water 2 weeks; drain them, cover with boiling vinegar, mix and mash them in it, and strain through a colander; to each quart of the juice add 3 tablespoons each of pepper and grated nutmeg, 2 tablespoons of powdered cloves, 1 tablespoon of ginger; boil 1 hour, and bottle when cold.

THE WALNUT is a native of Persia. In the south of Europe it is quite largely consumed, being there considered wholesome and nutritious. The unripe fruit, when the shell is soft, makes an excellent pickle. By boiling them in syrup a delicate sweetmeat is prepared. The oil pressed from the nut is sometimes used as a substitute for olive oil on the continent, and it is the nut oil used in painting. The matter left after the oil is extracted is nutritious for poultry or cattle. Grated walnuts are used in Spain for tarts and other dishes.



WALNUT.

SOYS.

CURRENT SOY.—Take $\frac{1}{2}$ gallon of currants and add 2 cups vinegar, 1 cup sugar (heaped), 1 tablespoon mace, the same of allspice, 1 teaspoon each of cinnamon and pepper; boil all together 1 hour, bottle and seal.

Soy.—The genuine soy is made in Japan and China from the seeds of a plant called *Dolichos Soja*; the seeds are similar to our kidney bean, but are black. The soy is made by boiling the seeds until soft, adding wheat or barley, allowing it to ferment, and then adding an equal amount of salt. It becomes clearer with age.

There are many stories of its adulteration, some of them unfortunately being too true. It is much liked with fish. The term has now come, however, to be applied to a kind of catsup.

GOOSEBERRY SOY.—Take 2 cups vinegar, 3 lbs. sugar, and 6 lbs. gooseberries; boil 30 minutes.

GRAPE SOY.—Take 5 lbs. grapes and let them simmer gently until soft; strain through a sieve and add 2 tablespoons each of all-spice and cinnamon, $\frac{1}{2}$ tablespoon each of cloves, grated nutmeg, and salt, 3 cups of sugar (heaped), and 2 cups vinegar; mix all thoroughly, boil until thick, bottle and seal.

PLUM SOY.—Take 1 gallon of plums, boil gently until tender, rub through a sieve, and add 2 tablespoons of sugar, the same of salt, 1 tablespoon each of cloves, ground mustard and black pepper, and 2 cups vinegar; boil gently 1 hour, bottle and seal.

GREEN TOMATO SOY.—Take 4 quarts of green tomatoes, sliced but not peeled, 12 onions peeled and sliced, add 4 cups sugar, 1 tablespoon each of cloves and allspice, 2 tablespoons each of black pepper, ground mustard and salt, and $\frac{1}{2}$ gallon of good vinegar; boil gently, stirring frequently, until tender; bottle and seal.

RIPE TOMATO SOY.—Peel and slice 4 quarts of ripe tomatoes, slice and add 7 onions, sprinkle on 1 cup salt, and let stand 36 hours, when drain off the liquor; then add 1 teaspoon red pepper, 2 teaspoons each of allspice, cloves, ginger and ground mustard, and $\frac{1}{2}$ gallon of good vinegar; let it simmer quietly 2 hours and add $\frac{1}{4}$ lb. white mustard-seed and 4 cups sugar; cook till done, then bottle and seal.

VINEGAR.

VINEGAR (from the French *vin aigre* meaning literally sour wine) is a form of acetic acid, and its flavor varies according to the source from which it is obtained. Vinegar of the best quality is obtained from the grape, white wine vinegar being usually considered the best. Cider vinegar is derived from cider, and in the United States most of the vinegar was formerly obtained from this source. Its flavor is peculiar, and many prefer it. Vinegar is also made from barley, sour ale or beer, glucose, etc. Vinegar containing 5% of the pure acetic acid is called *proof vinegar*, and is the strongest that is used, but much of that sold in the market contains only 3% of the acid or even less. It is frequently adulterated with other acids like sulphuric, muriatic, etc. Many flavored vinegars used for culinary purposes are merely ordinary vinegar flavored with fruits, herbs or vegetables. We give elsewhere recipes for making a great variety of these.

All vegetable juices can go through the acetous fermentation and produce vinegar. The process can be hastened by introducing a little ferment, like yeast. The fermentation takes place most readily at 70° to 90° F., but below 60° or above 90° the action begins to diminish; boiling and freezing both stop it altogether.

Vinegar can be made from any pure fruit jelly which has begun fermenting, or which will not "set." All that is needed is to add water and set it in a warm place, or exposed to the sun if best, covered with mosquito netting. Adding a little "mother," or yeast, will hasten it. Vinegar can also be made from cider or any pure fruit wine in the same way, but add a little sugar.

Vinegar and yeast are best kept in glass vessels; glazed ware is not suitable, as their acids attack the glazing, extract its lead, and produce the poisonous acetate of lead. See what we say about "The Utensils Used" in our preceding chapter on "Jams, Jellies, etc." It will apply for vinegar, also.

Mother of vinegar is a fungus, or low form of plant life (the *Mycodermi aceti*). A little of this put into a sweet or alcoholic solution will soon convert it into acetic acid or vinegar. The plant may be divided and propagated to any extent.

Vinegar can hardly be said to have any nutritive value, its office being to stimulate the nerves of taste, and to flavor various foods. It also has a powerful preservative action, preventing the decomposition of vegetable and animal substances.

APPLE VINEGAR.—When cooking apples, save the parings and cores (if sound); they can be thrown into a jar from time to time, as they accumulate; add enough soft water to cover, and 1 cup of sugar or molasses to each 7 or 8 quarts of water; keep out insects by covering with netting; keep it in a warm place and it will form good vinegar.

BEET VINEGAR.—A good vinegar can be made from beets by extracting the juice, and letting it stand in a warm place, or exposed to the sun, covered with netting; a little yeast will hasten the process.

CHERRY VINEGAR.—Into 1 quart of good cider put 4 lbs. cherries, mashed, and add their stones, also; let stand 24 hours, and add 4 lbs. more cherries without their stones; let stand 3 days and strain (but do not squeeze) through a thin bag; add 1 quart of sugar to each quart of juice, and boil gently 30 minutes; skim and bottle when cold.



BEET.

CIDER VINEGAR.—To each 2 quarts of cider add 1 cup molasses and $\frac{1}{2}$ cup yeast; keep covered where the temperature is 70° to 90° and it will soon make vinegar; then draw it off from the dregs, and keep in a jug, or bottles, tightly corked. Cider for vinegar, should be made from good sound apples which are not wormy or decayed.

CLOVER VINEGAR.—Put into a jar 1 quart of molasses, and pour on $2\frac{1}{4}$ gallons of pure soft water, boiling hot; as soon as it is barely lukewarm, add 2 cups hop yeast and 5 pints clover blossoms; cover and let stand a fortnight; then strain through cloth.

CORN VINEGAR.—Put into a jar 2 cups of corn cut from the cob, add 2 cups of molasses or brown sugar, and 4 quarts of pure soft water; set it in the sun covered with netting to keep out the insects; in 3 weeks it will make good vinegar, which is preferred by many people to cider vinegar.

CURRENT VINEGAR.—To 1 gallon of pure soft water add 3 cups brown sugar and 5 cups strained currant juice; keep in a warm place (from 70° to 90°) and it will form vinegar. Or, mash the currants, let stand over night, strain, and let the juice stand in a warm place until fermentation ceases. White currants will make a delicate, pale vinegar.

GOOSEBERRY VINEGAR.—Take ripe gooseberries, mash them, and to each quart add 1½ quarts soft water, milk warm; let it stand 24 hours, strain it, and add 1 lb. coarse brown sugar to each quart; let it stand in a warm place in the kitchen, and in 2 or 3 months it will make fine vinegar. It will be superior to much that is sold as white wine vinegar.

HONEY VINEGAR.—Mix thoroughly into 1 gallon of warm soft water, 2 cups of clear honey; cover and let it ferment, when it will make good vinegar.

MOLASSES VINEGAR.—To each gallon of warm soft water add 1 pint molasses and ½ cup yeast; keep warm and in 3 weeks it will make vinegar.

POTATO VINEGAR.—Take the water in which potatoes have been boiled, and to a gallon add ½ cup hop yeast and 2 cups sugar; cover with netting, let stand exposed to the sun or in a warm place, and in about a month it will make good vinegar.

RASPBERRY VINEGAR.—Put raspberries in a stone jar and add enough vinegar to cover them; let stand 6 days covered over, but stirring occasionally; then strain through flannel; add sugar pint for pint, boil ¼ hour, skim, and bottle when cold.

THE RASPBERRY belongs to the same species as the blackberry. There are 2 kinds—the red and the white. The white is the rarer of the two. The juice is rich and abundant, and the fruit is wholesome and valuable to people of a nervous or bilious temperament.

RHUBARB VINEGAR.—Crush the rhubarb, cover with lukewarm water, and let stand 36 hours; then strain, add 1½ lbs. raw sugar or molasses to the gallon of juice, and also add a little yeast; keep it covered and in a warm place for 4 weeks; then strain, put in a keg and leave it to ripen.



RASPBERRIES.

SORGHUM VINEGAR.—Use about 4 gallons of water to 1 gallon of sorghum; keep it in a warm place, or in the sun covered with netting, and it will turn to vinegar. Adding a little yeast will hasten the process.

Tomato vinegar can be made of it by adding 1 gallon of ripe tomatoes at the same time that the sorghum is added.

SUGAR VINEGAR.—To 1 gallon of water add 1½ lbs. raw sugar, and ¼ pint yeast; keep it at about 80°; in 4 days it can be drawn off, when add 1 oz. each of cream of tartar and chopped raisins; in a few weeks it will be ready to bottle.

YEAST VINEGAR.—Put into an open keg or jar 2 quarts of hop yeast sponge (set and allowed to get light as for bread); add 5 lbs. sugar or molasses, 5 gallons of soft water, and 2 quarts of corn which has been boiled until tender (adding it when cold); keep it covered and in 3 weeks it will make fine vinegar.

AROMATIC VINEGAR.—Take 15 grains of oil of cloves, 10 grains oil of cinnamon, 5 grains of oil of lavender, 1 oz. of camphor, $\frac{1}{2}$ pint glacial acetic acid; mix and bottle. Aromatic vinegar is a nasal stimulant useful for reviving and refreshing those who suffer from faintness and nervous headaches.

SPICED VINEGAR.—Mix and tie in small muslin bags, 1 oz. each of allspice, celery seed, cloves, turmeric, mace, pepper, ground mustard and white ginger cut small; add 3 cups sugar and $1\frac{1}{2}$ gallons vinegar; keep closely covered and use as needed.

BEVERAGES.

WHEN it is remembered that about 87% of the body consists of water, which is constantly evaporating and passing away, and which must be regularly renewed, the necessity and importance of beverages will be readily seen. Water is the most natural drink for man, and however it may be flavored or disguised it is the chief ingredient in all his beverages. Not less than 3½ pints a day are needed by an ordinary person, and those who are very large or active may need 4 or 5 pints daily. Although water is found in all the food we take, a large proportion of the needed amount must be taken in beverages. Although in hot weather cold drinks are very refreshing, and within proper limits are not objectionable, at other times they often chill the digestive organs and depress the nerve centers, so that there is reason as well as pleasure in the use of hot drinks.

TEA.

Of all the beverages devised by man tea is probably the most extensively used.

TO MAKE TEA.—Allow 1 teaspoon of tea for each cup water, and an extra one for the pot. This is the old rule, but it varies somewhat with the quality of the tea, less being required of the finer grades than of the cheap teas, and as the finer grades go farther they are not so much more expensive in the end. If much is made at once the proportion can be reduced a little. Pour boiling water into the teapot, and let it stand until the pot is heated through; then pour out the water, put in the tea, and pour on the water *boiling* hot, cover closely, and set for 3 to 5 minutes where it will keep *hot* but without *boiling*. English breakfast tea may stand 3, and black tea 5 minutes; then pour into the cups.

ICED TEA (Russian Recipe).—Tea for icing should be made rather stronger than when intended for drinking hot, letting the boiling water stand on the tea for 7 minutes; then pour the tea from the leaves, sweeten to taste, and stand it in a refrigerator for 5 or 6 hours. Serve it in a bowl with lumps of ice and slices of lemon floating in it. Have a pitcher of ice water at hand to weaken it for those who think it too strong. In serving it each person should receive a lump of ice and a slice of lemon.

Iced Tea No. 2.—For each tumbler of water allow 1 teaspoon of the best tea; put the tea, water and lumps of ice into an earthen vessel and stand in the refrigerator 5 or 6 hours. Easier than the former method.

ORANGE TEA.—Slice a tart orange, peel and all, place a slice in each cup, and fill with hot tea.

THE PRINCIPLES INVOLVED.—Experiments have shown that five-sixths of the valuable qualities are extracted from tea by boiling water in 3 minutes, and in 10 minutes the leaves are nearly exhausted. If the leaves are steeped a second time, or if they remain too long in the hot water, the aroma is wasted, the tannin is extracted which makes the tea bitter, and it then disorders the digestion. Much of the evil wrought by tea is caused by this too long infusion which extracts a large part of its tannin.

The object to aim at is to extract as much as possible of the theine and volatile oil, and as little as possible of the tannin. When the infusion is once complete, adding fresh tea adds very little to the strength; if more tea is wanted, empty out the old leaves, scald the pot, and make fresh tea as before.

Essentials of Making Tea.—The following are the 4 essentials for good tea: (1) Use good tea, and have the right amount of it. (2) Have the water *boiling* hot (not lukewarm) when poured on. (3) Have the teapot hot before the tea and water are put in. (4) Do not let it steep too long. *Stewed tea* is no good.

If Tea Is Required Quickly, put it into the teapot and stand it in the oven while the water is coming to the boil; as soon as that is *boiling* hot pour it on the tea, and in a minute it can be served.

The Teapot.—A china teapot is the best to use. Do not use tin, because a poisonous compound is produced by the action on the metal of the tannic acid of the tea. The teapot should be clean and dry before using.

The Water Used.—In making tea the water used is an important consideration. Soft water is better than hard, but if it is too soft it is apt to extract too much of the general properties of the tea and sacrifice its delicacy of flavor, and if too hard it does not extract the theine and volatile oil readily enough. Do not use water which has been twice boiled, or which has boiled long before being used, because boiling expels the air and gasses and makes the water flat and tasteless. This is really an important item—far more important than many people imagine. The more rapidly the water is heated the better the tea. When the water is poured on the tea it should be *boiling* hot, and not either cold or lukewarm, and it should be poured on as soon as it boils. If poured on cold and brought to a boil it will extract the tannic acid, injuring both the flavor and the value of the tea. Carbonate of soda has been sometimes used in making tea; it may soften very hard water, but it will spoil the flavor and effect of the tea.

Hints.—With some persons the sleeplessness and headache caused by drinking tea is prevented by putting in a slice of lemon instead of the milk.

Weak green tea with a little sugar and lemon juice in it, but no milk, is a very refreshing drink in cases of fever, taken either hot or cold.

The tea plant (*Thea sinensis*) is native to China, Japan and Northern India. The use of the dried leaves is said to have been introduced into China from Corea in the 4th century, and from thence to Japan, and to have been brought to Europe by the Dutch East India Company in the 17th century. The leaves of the tea plant can only be gathered at certain seasons. The first picking is in April. It yields the finest tea, but little of it is shipped abroad, as a sea voyage injures its delicate flavor. This tea is largely used by the wealthy Chinese, and some of it is carried overland to Russia. The next picking is in May, and a third, later in the season, furnishes the inferior teas which are bitterer and more woody than that gathered earlier.

Tea leaves are dried in pans which are heated over smokeless fires. Green teas are dried quickly to preserve their color, while black teas are exposed to the air for a time and undergo a sort of fermentation which darkens them. In tea producing countries the decoction is drunk alone without flavoring; in other countries something is added. The Germans often flavor it with rum, cinnamon or vanilla. The Russians squeeze in lemon juice, while some savage tribes in Tartary boil the leaves with soda, season them with butter and salt, and eat them.

Tea contains an alkaloid called *theine*, which is similar to the *caffeine* in coffee, and *theobromine* in cocoa. Besides this it contains a volatile oil, some tannic acid, and some ordinary food substances. Its volatile or essential oil is developed during drying and roasting, and ought not to escape, as upon this its market value depends more than on anything else. The volatile oil, as well as the theine and tannin, is more abundant in green than in black tea. As ordinarily made, 3 times as much theine is obtained from tea as from coffee.

The nutritive element in tea is very small, it being a stimulant rather than a food, but, "it aids the assimilation and transformation of other foods, increases cheerfulness and activity, clears and quickens the brain, and lessens the desire to sleep." It warms the body when cold, cools it when hot by promoting the perspiration of the skin, and has an astringent action on the bowels. Tea contains from 2 to 4% of theine, about 1% of essential oil, 14% of tannin, and 20% of nitrogenous matter insoluble in water. Taken to excess it acts like a vegetable poison, and with young people it is liable to interfere with the proper development of the nervous system.

COFFEE.

It is safe to say that a large percentage of the people who use coffee never drank a really first class cup of it, and a large proportion of the stuff served as coffee is unworthy of the name. And yet good coffee is not difficult to make if it is handled intelligently.

The water used should be *fresh* and *clear*. Long boiling of the water expels the air and gases, and makes it flat and insipid. It should therefore be used as soon as it boils, and this is a much more important item than many people imagine. Do not reboil the water, nor let it boil long before being used, or the best results cannot be obtained.



TEA.

The roasting of the coffee is also an important matter. It is best roasted and ground just before it is used. If more is roasted than needed for immediate use it should be kept in an air-tight glass jar or canister; if exposed to the air it deteriorates. Unpleasant odors and moisture are readily absorbed by it, so keep it in a dry and clean place. To roast coffee, put the desired quantity into a perfectly clean, broad dripping pan; have a moderate heat at first, shake and stir frequently; after 20 or 30 minutes increase the heat and stir frequently until it is an even chestnut or "coffee color." If any berries are burned they must be picked out and thrown away, or they will spoil the coffee. Remember that the peculiar and delightful aroma of coffee is due to the changes in one or more oils produced by this roasting; in raw berries it is lacking. When properly roasted these elements constitute about 13% of the berry. If not heated sufficiently the aroma is not properly developed; if heated too much the flavor is again dissipated.

When the berries are properly browned, lift the pan from the stove to the table and stir in 1 tablespoon of butter and the beaten white of 2 eggs to each pound of coffee, stirring it quickly and well that each berry may be glazed. This helps to develop the aroma, and also to confine it in the berry until let out by grinding. All the coffee which is not used at once should be put into a sieve, when cold, and shaken to break apart any berries which stick together; then put it into an air-tight canister.

If coffee is bought at the store, roasted but not ground, each time any is used put into the frying-pan what you want for that meal, but no more; heat it over a quick fire until the aroma is perceptible, shaking it constantly and adding barely enough butter to gloss but not make it greasy; then grind it at once and use it. If it was ground at home and buttered, reheat it and use the same way, but without buttering it. This freshens it and develops its aroma. Remember that the coffee should always go *hot* from the frying-pan to the coffee mill, and from the mill to the coffee pot, if you want the best results. If ground coffee is used, that can also be heated until the aroma is perceptible, before adding the water.

Grinding the Coffee.—Be sure your coffee is ground right. Most grocers grind the coffee too coarse, so that much more coffee is used than necessary, because in coarse coffee the flavor is not readily extracted. If you grind it yourself make it about like coarse cornmeal—not coarser than that. If your grocer grinds it make him grind it the same way. He may not like to, but it is the best and most economical way and *insist* on it. If it is too fine (say as fine as flour), on

the other hand, it will clog the strainer. It is too coarse if it is like rice or coarse oatmeal.

Over-boiling.—The tannic acid in coffee should not be extracted or it will make the coffee bitter, and it will also disorder the stomach more; 5 minutes is the limit to which coffee should be boiled to avoid this, while 3 minutes is better. It is an erroneous idea that the longer coffee boils the stronger and better it is. After the caffeine and aroma are extracted, further boiling is a detriment. Cover the spout also when boiling coffee in a coffee pot, that the aroma may not escape through it. The one great object in making coffee is to *extract and retain* the caffeine and aromatic essential oils, *without extracting the tannin*, and any method which does this is a good method.

The Cream and Sugar.—The milk served with coffee should be scalding hot, but should not be boiled. A pitcher of milk can be set in a pan of hot water and brought nearly to the boiling point day after day, without injuring the china. Some persons find the taste of boiled milk objectionable. Serve cream also if you can; 1 tablespoon of cream and 2 of hot milk is about right. If the coffee is very strong, fill the cup $\frac{1}{3}$ to $\frac{1}{2}$ full of coffee, and fill it up with hot milk; this is much better than diluting the coffee with water. Never fill a cup quite full—it must not run over. Allow each guest to add the sugar to his taste, unless it is one of the family whose taste you know. A very pretty effect is produced by placing on the surface of each cup a teaspoon of whipped cream.

Settling the Coffee.—Isinglass, fish skins, eggs and cold water are used to clear or settle coffee. Egg shells can be washed and saved for this purpose, 2 or 3 of them being enough to clear a quart of coffee; they answer about as well as the egg itself, and are less expensive.

The Coffee Pot.—As good coffee as was ever tasted can be made with a common coffee pot, but some prefer a French biggin or some other device. Those who like these improvements and find them a help can use them, but do not imagine that they are really *necessary* in order to make *good* coffee, for they are not. But whatever coffee pot is used must be absolutely clean—not even milk pans require more scrupulous cleanliness.

Every time the coffee pot is used it should be thoroughly cleaned, spout and all. If neglected, or if the coffee is allowed to stand long in the pot, a sort of black, greasy deposit will form on the inside, and it will spoil all coffee made in the pot while it is there. So wash, scald and dry the pot each time after being used. Dry

each piece of a French coffee pot separately. Scald it out with *hot* water—cold water sets the greasy film, and is worse than useless. Do not use any soap or soapy water, but *fresh, hot* water merely.

If the pot has been neglected, and is coated, put in a tablespoon of washing soda, fill it with water, and boil it for a long time; then scrub it out well, rinse it with hot water, and dry it. Boil the strainers and all parts in the soda water, and scrub them also. Do not heat the coffee pot too hot in drying it, or the next coffee made in it will taste burnt.

Essentials of Making Coffee.—The essentials of making good coffee are the following: (1) Have good coffee, and use the right quantity of it. (2) Have it hot so that there is a perceptible smell of the aroma before it goes to the coffee pot. (3) Cook it just long enough to extract all the caffeine and aroma, without getting the tannic acid. (4) Serve it hot at once, and with hot milk. (5) Be sure the coffee pot is clean and in good condition.

There are many ways of making coffee. It may be boiled or unboiled, made in a plain coffee pot or a French biggin or “grecque” and so on. While the object aimed at is the same in all cases, the *modus operandi* must vary with the coffee pot used, etc. We will explain a few of the best methods, with and without the biggin. But remember that by no process will the result be satisfactory unless good coffee is used, and, also, if you would have really good coffee you must take pains with it. If you will observe the principles which underlie the process you can serve up most delicious coffee which will make glad the hearts of those who drink it.

Amount of Coffee to Use.—Allow 1 heaping tablespoon of ground coffee for each cup of water; this is the standard rule, but if a large quantity is made the proportion can be a little less.

FILTERED COFFEE WITHOUT EGG.—Have the coffee heated hot, pour on the water boiling hot, cover closely, let it stand 5 minutes, strain it through muslin (having it wrung out of hot water) into the coffee pot (having that heated); cover it, set it on the stove and heat a moment (not boil) and serve. Have the milk thoroughly hot. The coffee may be heated in a pan or pitcher if more convenient.

BOILED COFFEE WITHOUT EGG.—Scald the coffee pot; put in the coffee, pour on the water boiling hot, stir it well, bring it to a boil, move it to the back of the range keeping it *hot*, *without* further boiling; add $\frac{1}{2}$ cup of cold water, let stand 5 minutes, turn out 1 cup coffee, pour back into the pot, do the same again, let stand 5 minutes

to settle, and serve. Boiled coffee has a different flavor from the filtered, and many prefer it.

BOILED COFFEE WITH EGG.—Scald the coffee pot; put in the coffee and egg shell, (or the egg or isinglass if they are used instead); add the water, boiling hot, cover closely, and boil 3 to 5 minutes—no more. Set where it will keep hot but *not boil*; pour in $\frac{1}{2}$ cup of cold water; pour out 1 cup of coffee to clear the spout, and pour it back again; let stand 10 minutes, and serve.

FRENCH COFFEE WITH COLD WATER.—Heat the coffee, put it in the filter of a French coffee pot or biggin, add a very little *cold* water, a tablespoon at a time; let it stand 30 to 60 minutes, then pour in the balance of the water slowly, a cupful at a time; when it has all filtered through turn it out, and pour it through the filter again; cover it tightly, and when ready to serve bring it just to a boil (never boil it) and serve immediately. Coffee can be made thus at your leisure, and not heated until ready to serve it.

FRENCH COFFEE WITH BOILING WATER.—Heat the coffee, put it into the filter of the biggin, and pour on just enough *boiling* water to moisten it well; let stand 5 minutes, and pour on the balance of the water slowly, a cupful at a time, and wait 2 or 3 minutes between each cup; if wanted very strong turn out the coffee and pour it through the filter again; serve at once. This coffee should never boil; the best way to avoid this is to set the coffee pot in a pan of boiling water while the water is being filtered through the coffee.

COFFEE BY A SIMPLE METHOD.—Heat the coffee and tie it in a muslin bag; scald the coffee pot, suspend the bag in it, pour on the water *boiling hot* (be sure it covers the bag), let it stand 10 minutes where it will keep hot but not boil, and serve. This answers somewhat the same purpose as the French biggin, but can be used by those who do not have one.

STEAMED COFFEE.—This can be made in a double boiler kept for the purpose, or by setting the coffee pot in a pan of boiling water; steam 20 minutes, then strain it into a heated coffee pot, and serve.

COFFEE WITH COLD WATER.—Let the coffee and water stand all night in an earthen or china pot, closely covered; in the morning bring to the boiling point merely, and serve. No clearing or straining is needed.

CAFÉ NOIR.—This is a French term meaning literally “black coffee.” It can be made like other coffee, but *very strong*, using

twice as much coffee (2 tablespoons) for each cup of water. It is served in small cups with sugar, but no milk or cream are served with it.

CAFÉ AU LAIT.—This is a French term meaning "coffee and milk." It is simply very strong coffee, to which is added a large proportion of good hot milk—half and half being the proportions. Sweeten to taste.

VIENNA COFFEE.—This consists simply in adding to each cup of coffee 3 tablespoons of whipped cream. Equal parts of whipped cream and beaten white of egg are sometimes used.

ICED COFFEE.—Make a quart of extra strong coffee and let it get cold; beat 2 eggs very light, stir into them 2 cups milk and 4 tablespoons cream; sweeten to taste, and stand in the refrigerator 5 or 6 hours. Serve with a lump of ice in the pitcher. If no refrigerator is at hand the pitcher can be set for 1 hour in a pail of ice and salt ($\frac{2}{3}$ ice to $\frac{1}{3}$ salt); take care that it does not freeze. Iced tea can be cooled the same way.

CARAMEL COFFEE.—Use caramel made as directed for "Prepared Caramel" in the article on "Colors for Frosting, etc., " in the chapter on "Cake." Add 1 teaspoon of good ground coffee for each $\frac{1}{2}$ cup of the caramel; let it boil for a minute, strain it, and add an equal amount of hot milk, or milk and cream. Children like it; so do "children of a larger growth."

SUBSTITUTES FOR COFFEE.—Take 4 cups unground *wheat or rye*, add $\frac{1}{2}$ cup molasses, rub all together with your hands, and brown it in the oven like genuine coffee. When used, grind and put it in a muslin bag and boil it in a coffee pot; very good and slightly nutritious. If desired, it can be mixed with genuine coffee when used.

Oatmeal, ground barley or graham flour can be browned and used also. In using them allow 1 tablespoon to a cup of water; moisten it with a little cold water, pour on the water boiling hot, and let stand 10 minutes.

Corn Coffee.—Roasted sweet corn, browned without popping or hardening, is easily broken in a mortar, and makes a delicious drink for invalids, children, and those who cannot drink coffee. Try it.

Cornmeal can also be roasted brown and used; boil 5 minutes and strain; a little salt can be added to improve the flavor.

These substitutes for coffee contain no caffeine, nor anything similar to it, so that they possess no power as stimulants. Their value is simply that of hot water containing a little flavoring and nourishment, which is increased by the milk and sugar used.

COFFEE.—The origin of the use of coffee is involved in obscurity. It was not known to the Greeks and Romans. It was introduced into Europe in the 17th century. Mocha is an Arabian coffee. The brands from Central and South America were formerly considered inferior, but some of the best coffees now come from those regions. Maracaibo is often sold for Java, and is quite as good. Unground coffee is adulterated very little, but the ground coffee is almost universally adulterated.

"Coffee," says Prof. Johnstone, "exhilarates, arouses and keeps awake; it counteracts the stupor occasioned by fatigue, by disease, or opium. It allays hunger to a certain extent; it gives to the weary increased strength and vigor, and it imparts a feeling of comfort and repose." It appears to make the brain more active, and the demand for food less, by checking the change and waste of the body. Taken in excess, it produces tremors and contractions of the muscles, and an exhilaration somewhat like that of alcohol. It is not so stimulating as tea, and it does not increase the perspiration so much. It owes its stimulating effect to the caffeine and aromatic oils. It contains only about 1% of caffeine and 4% of tannin, and is therefore less injurious than tea to the coatings of the stomach.

Coffee loses 20 to 30% in roasting, but the roasting accomplishes several things. It makes it brittle and easily ground; the aromatic properties are developed as previously explained; the tannin and other properties are rendered partly soluble in water, and its sugar is all converted into caramel; this gives color and part of the flavor to the coffee.

The color and flavor may be increased by mixing a little caramel with the ground coffee, a fact which many people do not understand.

Mixing Coffee.—Coffee can be mixed to obtain different flavors. Rio and Santas are strong, while Java, Mocha, and Maracaibo are mild coffees. A rich, delicate flavored coffee is obtained by using $\frac{1}{3}$ Java and $\frac{2}{3}$ Mocha, and that is probably the most popular mixture. Some mix them half and half. For a strong coffee use Rio alone, or temper it as desired by mixing some of the milder brands with it. Some people like equal parts of Rio, Mocha and Java.

Keeping Coffee.—Green coffee, that is the unroasted bean, not only does not lose its flavor but actually improves by keeping for 2 or 3 years. It can advantageously be bought by the sack when the market is favorable, and it should be of a yellowish or brownish shade and well seasoned. Store it in a dry, cool place. As coffee readily absorbs bad odors nothing strongly odorous should be stored near it; much coffee has thus been ruined.

CHICORY.—This is prepared by cutting the roots of the chicory plant (*Cicerium intibus*) into small pieces and roasting them, much as coffee is roasted. It was first mixed with coffee by the Dutch, but is now used in all countries. While it is properly an adulteration, it is not deleterious. It does not possess any trace of the alkaloid *caffeine*, which is one of the peculiar properties of coffee, but it does possess an aromatic oil, starch, sugar (which will turn to caramel in roasting) nitrogenous substances and salts. It is used by some people as an independent beverage. It will give body, color and bitterness to coffee, and possibly modify its stimulant effect by acting as a diuretic, sedative and tonic. Some housekeepers add chicory to their coffee, using 1 to 4 oz. of chicory to a pound of coffee. Unfortunately, chicory is often adulterated, as well as coffee.

CHOCOLATE.

Whipped Cream is best to serve with chocolate. It can be whipped with a Dover egg beater, and $\frac{1}{2}$ pint is enough for a dozen cups.

TO MAKE CHOCOLATE.—Put the grated chocolate in a saucepan and dissolve it in a very little boiling water; then add the desired amount of cold milk, bring it slowly to a boil, and it is ready to serve.



The Spaniards mix chocolate so thick that a spoon can stand up in it. Chocolate is much improved by frosting, but to do this properly a French or Italian chocolatiere is required, with a whisk passed through the lid so that it can be whisked while coming to the boil.

CHOCOLATE "MAILLARD'S STYLE."—Put into a sauce-pan $\frac{2}{3}$ cup of sugar, a tablespoon of salt, 1 cup grated chocolate and 1 cup boiling water and stir until smooth; then add 1 cup boiling water and 2 cups boiling milk and boil 1 minute only. In $\frac{1}{2}$ cup of cold milk dissolve 1 level teaspoon of corn-starch; stir it in, boil 1 minute more, take from the fire, add 1 teaspoon of vanilla flavor, and serve. The salt, corn-starch and vanilla add to its richness and flavor.

CHOCOLATE WITH EGG.—Allow for each person 1 large tablespoon of grated chocolate; put it in a sauce-pan and slowly add boiling water, stirring and boiling a little until it thickens; then pour in enough milk to cool it, sweeten with sugar, and stir in 1 or 2 eggs well beaten, using more or less as desired; make up the desired quantity by adding milk, or milk and water, and *simmer*, not boil, 10 minutes; flavor with vanilla and serve. If allowed to boil *after* adding the eggs they will become "curdled."

CHOCA.—This is *café au lait* and chocolate mixed in equal quantities. Many people like it for breakfast.

COCOA.

TO MAKE COCOA.—To $\frac{1}{2}$ gallon of water add 1 gill of broken cocoa, and let it boil gently until reduced $\frac{1}{2}$ (about 2 hours); equal parts of shells and cocoa can be used if preferred. If it cools and the fat is taken from the surface, and it is then heated again, it will digest more easily. Serve with cream, or scalded milk, and sugar. Cocoa can be flavored by adding a little vanilla extract if desired. In Spain, cloves, cinnamon and musk are also used to flavor it.

TO USE PREPARED COCOA.—Allow 2 teaspoons to a cup; add enough cold milk to form a smooth paste, then add equal parts boiling milk and boiling water, and stir all together well. There are many preparations of cocoa, some of which are recommended for preparation at the table, but *all cocoa* is better for being boiled 1 or 2 minutes. Use hot milk to dilute it.

COCOA SHELLS.—In use allow $\frac{1}{4}$ cup of the shells to 1 cup of water; pour on the water boiling hot and let them simmer gently 3 or 4 hours; as the water boils away add more; then strain, and serve. Sugar and cream, or hot milk, goes with it.

ICED COCOA.—Make the cocoa in the usual way, and for each 2 cups beat in $\frac{1}{2}$ cup whipped cream; sweeten to taste, let stand till cold, and serve in glasses containing a little chipped ice.

Cocoa is made from the seeds of the *Theobromo cacao*, a small tree which grows in Central and South America and the West Indies. (*Theobromo* means literally "food of the Gods," a name given it by Linnaeus who was excessively fond of chocolate). The fruit is shaped something like a cucumber; the outside skin is thick, the pulp sweet and palatable; the seeds are much like almonds, with a thin skin, and the kernel is dark, bitter, oily and aromatic.

Cocoa shells are the husks or shells. They contain little fat, but have more astringent matter than the seeds. They make a pleasant and wholesome drink, not stimulating, and well suited to nervous invalids and children. They need long boiling. An inferior cocoa is sometimes made by grinding the shells with the seeds.

Cocoa nibs are the seeds freed from the husks, roasted and cracked, but not ground, although some of the fat is usually removed. Prepared cocoa is made by grinding the kernel to powder, removing some of the fat, and adding a certain amount of sugar and starch. Some of the husk is ground and added to many of the cheaper cocoas, as an adulteration.

The cocoa bean contains about 1% of theobromine, which is an alkaloid much like caffeine and theine; about 50% of fat; from 14% to 18% of nitrogenous substance, $\frac{1}{2}$ of which is soluble in water; 4% of starch, and about 7% of an astringent principle much like tannin.

CHOCOLATE is made from cocoa nibs ground into a paste by machinery, mixed with sugar, flavored, and pressed into molds of various shapes. It is the most convenient and nutritious way of preparing cocoa. It does not stimulate the nervous system as much as tea and coffee do, and it is food as well as drink, satisfying hunger to some extent. Delicate stomachs will digest it more readily if the oily scum is removed from the surface after it is boiled, but for healthy people the scum is nutritious and need not be removed.

Coca is the dried leaf of the *Erythroxylon Coca*, a plant resembling the blackthorn. It is used by the inhabitants of Peru and Bolivia, who chew the leaves and make an infusion of them. It is estimated that 8,000,000 people use it, but it is little used in this country, except by a few cyclists or pedestrians. It derives its special properties from the alkaloid cocaine. It is a powerful stimulant to the nervous system and enables fatigue to be borne more easily for a time, but there is some uncertainty about the exact effects of its continued use.

MATE, OR PARAGUAY TEA is prepared from the Brazilian holly. It is used in Paraguay and Brazil, but very little in this country. It contains 1 or 2% of theine, about 16% of tannin, some aromatic oil, and gluten. It acts mainly on the nervous system, but also affects the digestive system. It is not suitable for general consumption, and is very injurious if habitually used.



COCOA BEAN.



MATE OR PARAGUAY TEA.

MISCELLANEOUS BEVERAGES.

APPLE WATER.—Take tart apples, quarter and core; add $\frac{1}{2}$ their weight of sugar, cover with water, and simmer till tender; strain through a jelly bag and cool. Put pounded ice in the glass when you drink it.

BLACKBERRY NECTAR.—Crush the berries, add an equal amount of water, and 1 teaspoon orange juice and 1 sliced lemon to each 2 quarts; let stand 4 hours, strain through flannel, and to 1 quart of juice add 1 cup sugar. Keep on ice till ready to serve.

CHERRY ACID.—Dissolve 3 oz. citric acid in 1 quart water; pour it on a bowl of cherries and let stand 6 or 8 hours; strain off the juice, pour it over another bowl of cherries and let stand the same time; strain, and to each pint of juice add 1 pint sugar, boil, skim, bottle, and cork while hot.

COCOANUT BEVERAGE.—Break 2 cocoanuts, saving the milk carefully; grate the cocoanuts, add them to the milk and also 4 pints water; put in a sauce-pan, and boil 5 minutes, stirring with a wooden spoon continually to prevent burning (it will ruin it to burn); then strain, add $\frac{3}{4}$ lb. powdered sugar, and mix well. Ice it and serve.

CREAM SODA.—Boil together, for 3 or 4 minutes, $1\frac{1}{2}$ quarts water, $4\frac{1}{2}$ cups sugar, the juice of 1 lemon, and 2 oz. tartaric acid; when cold, add the well-beaten whites of 3 eggs, 2 tablespoons of flour blended in $\frac{1}{2}$ cup cold water; flavor to taste, bottle, and keep cool. To use, put 2 tablespoons in $\frac{3}{4}$ tumbler of water, add a salt-spoon of soda, and drink when it effervesces.

CURRENT SHRUB.—Mash the currants, strain, and to each pint of juice add 1 pint sugar, boil 10 minutes, and bottle when cold. If used at once it need not be boiled.

CURRENT WATER.—To 2 cups red currant juice add $\frac{1}{2}$ cup raspberry juice, 2 cups white sugar, and 2 pints water.

GRAPE JUICE AND ALMONDS.—Take 6 oz. sweet almonds; blanch and pound in a mortar, working in 2 cups grape juice and $1\frac{1}{2}$ cups white sugar; then add $1\frac{1}{2}$ quarts water, and when all are dissolved, filter it. Ice when used.

GRAPE WATER.—Squeeze 4 lbs. grapes through a coarse cloth, and add $\frac{1}{4}$ cup of white sugar and 1 pint water to the juice. Serve with crushed ice in the glass.

JELLY BEVERAGES.—Almost any jelly dissolved in ice water and sweetened to taste makes a pleasant drink. Most summer drinks are improved by adding a little orange juice.

KOUMISS.—Take 6 cups sweet milk and 3 tablespoons of sugar; add 2 tablespoons of yeast and set in a warm place for a few hours until it ferments and the bubbles rise all over the top; then stir well

for 3 minutes, bottle and fasten the corks. Keep cold (on ice is the best) and use at once on being opened, as it soon spoils on exposure to the air. It can be used in 2 days, but it is better after 1 week. It will keep for months if kept cold.

GINGER BEVERAGE.—To 4 cups water add 1 scant cup vinegar, 3 large tablespoons sugar, and 2 teaspoons sifted ginger. Use lemon instead of vinegar if preferred. (2) Another recipe is 4 cups milk, 4 cups water, and 1 tablespoon of ginger. Or (3) take $\frac{1}{2}$ cup of vinegar, 1 cup sugar, 2 teaspoons ginger; stir thoroughly together, put it in a quart pitcher and fill it with water.

GINGER is the root of a plant deriving its name from the mountain Ginger, in Hindoostan, of which it is a native. It now comes chiefly from the East and West Indies. It is dug up in January or February, scraped, washed, and carefully dried. It contains starch, gum, an acid resin which gives its hot taste, and a volatile oil which gives its odor. The best comes from Jamaica. There are 2 kinds—white and black; white is considered superior. It is aromatic, stimulant, and in hot weather is valuable as a medicine. It is less heating to the system than might be expected from its taste.

GOOSEBERRY SHRUB.—Take green gooseberries, pour on boiling water to cover, let stand till cool with a cloth spread over the jar; strain off the juice, heat it, and pour on again; then strain, and to each pint of juice add 1 pint sugar; boil, skim and bottle.

LEMONADE.—Squeeze the juice from lemons, add a little of the thin yellow rind, with water, and sugar enough to sweeten to taste.

Adding ripe strawberries, mashed, is a great improvement to lemonade. So also is adding either grated or sliced pineapple. Remember in using either lemon or orange peel that the thin yellow rind (called zest) is all that is used; the white part of the rind is bitter and injurious. Boiling water is sometimes poured over the thin yellow rind and allowed to stand a while; then the lemon juice, water and sugar are added.

Coffee Lemonade.—Make coffee as for breakfast; when cold, strain and use it instead of water in making lemonade. It is healthful and refreshing in hot weather.

Effervescent Lemonade.—Into 2 cups granulated sugar work 30 drops of oil of lemon and sift; then sift in $2\frac{1}{2}$ oz. tartaric acid, and $2\frac{1}{2}$ oz. carbonate of soda; keep dry in air-tight bottles. To use, stir 2 tablespoons into a glass of ice water.

Invalid's Lemonade.—Into a glass of water put a few drops lemon extract, and 2 tablespoons of lemon sugar. It can be made when lemons are not attainable.



GINGER.

Milk Lemonade.—In 4 cups boiling water dissolve 3 cups white sugar; add 3 cups milk and 1 cup lemon juice.

Portable Lemonade.—Mix thoroughly 6 oz. powdered sugar, 1 oz. powdered tartaric acid, and 1 drachm essence of lemon; dry thoroughly, divide into 24 parts and wrap each one in paper; each powder will make a nice glass of lemonade, and can be used at any time.

LEMON belongs to the citrus family, and is a native to the north of India. It was unknown to the ancient Greeks and Romans, and was introduced into Europe during the crusades. It is now widely naturalized. Its acidity is due to the presence of citric and malic acid in the juice. It also contains 3 or 4% of gum and sugar, and some albuminous matter, and a little potash and phosphoric acid. Lemons with thick rough skins are almost certain to be dry and spongy, so choose those with thin, smooth skins. Persons of bilious and sanguine temperaments may freely drink the lemonade made from its juice, but those with irritable stomachs should avoid it on account of its acid and therefore irritating qualities.



LEMON.

VINEGAR WATER.—A little vinegar put into cold water, and then sweetened to taste, makes a pleasant beverage in hot weather. It is more refreshing and healthier than to drink large quantities of clear water. (It is the presence of the citric acid in lemons which makes lemonade so refreshing and healthful, and the acetic acid in vinegar serves much the same purpose).

MEAD.—Take 6 cups sugar, 2 cups molasses, $\frac{1}{4}$ lb. tartaric acid; pour on 3 pints boiling water, stir till dissolved, let cool, and add 1 spoonful essence of sassafras, or flavor with fruit juices; then bottle for use. To serve, put 2 tablespoons into a tumbler $\frac{3}{4}$ full of ice water, add $\frac{1}{4}$ teaspoon of soda, stir it, and drink while foaming.

OATMEAL DRINK.—(1) Dissolve $\frac{1}{4}$ cup of oatmeal in a jug of water; let settle, and drink cold. (2) Take $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ a lemon, sliced small, and $\frac{1}{2}$ lb. fine oatmeal; mix them with a little warm water first, and then pour on 4 quarts boiling water; stir well together, let settle, and use cold. Any other flavoring can be used instead of the lemon if desired. (3) Mix together gradually, in 4 quarts of boiling water, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. fine oatmeal, and 4 oz. cocoa. Use when cold.

ABOUT SUMMER DRINKS.—In hot weather there is nothing which quenches the thirst better, or which is more healthful and refreshing than oatmeal drinks. If laboring men, harvest hands, etc., would use them more it would be a great advantage to them. For heavy work they are far better than either beer, cider or spirits. Boil the oatmeal if possible; if not mix it with cold water. When heavy work is to be done without time to stop and eat, make it stronger. It can be used cold in summer and hot in winter. Cold coffee is thirst-quenching; so is cold tea, but neither equals oatmeal. Cocoa is refreshing and nourishing.

ORANGEADE.—(1) In 1 cup boiling water infuse the thin yellow rind of 2 oranges; then add $\frac{3}{4}$ cup of sugar and the juice of 6 oranges; ice before serving. (2) Take 1 lemon and 4 oranges, slice crossways, put into an earthen jug, add 4 cups boiling water, and let stand 1 hour, covered; then pour off, and ice before serving.

ORGEATE.—Blanch and pound in a mortar $\frac{1}{2}$ lb. sweet and $\frac{1}{2}$ oz. bitter almonds, working in gradually 2 tablespoons of orange flower water; then work in $\frac{1}{4}$ pint rose water and $1\frac{1}{2}$ cups pure water; strain, and add 3 cups simple syrup. Put it in a sauce-pan, boil up 1 minute, remove at once, and bottle. To use, add 1 tablespoon to a tumbler of ice water, soda, or seltzer water.

PINEAPPLE BEVERAGE.—Take 1 pineapple, peel, slice, and pound to a pulp. Take 2 cups water, add $\frac{3}{4}$ lb. sugar, boil, skim, and pour it hot on the pineapple pulp; add the juice of a lemon, and let stand 2 hours covered; then filter through cloth, and add 2 pints cold water. Ice when served.

PERSIAN BEVERAGE.—Take 1 cup rose-water, 4 tablespoons of orange flower water, 2 cups strawberry juice, and 2 cups simple syrup; mix well together. Ice it when served.

RASPBERRY ACID.—In 4 pints water dissolve 3 oz. tartaric acid; pour it over 4 quarts raspberries and let stand 24 hours; strain without pressing, and to each pint of juice add $1\frac{1}{2}$ lbs. of sugar; stir till it dissolves, let stand 48 hours; bottle and seal. To use, put a little into water.

RASPBERRY WATER.—Take 2 cups raspberry juice, 1 cup red currant juice, 2 cups sugar, 2 pints water; mix well.

RED RASPBERRY SHRUB.—Pickle the raspberries in white wine vinegar for 1 week; strain through a jelly bag, and to each pint of juice allow 1 pint sugar; boil gently $\frac{1}{2}$ hour, and bottle. Use 2 or 3 tablespoons of the shrub to a glass of water.

Raspberry Shrub No. 2.—On 3 quarts fresh berries pour 4 cups cider vinegar; let stand 1 day, strain, and pour the juice on 3 quarts fresh berries; let stand 24 hours, strain, and to each pint of juice add 1 pint sugar; boil gently 10 minutes, skim, and bottle when cold. Use 2 or 3 tablespoons to a glass of water.

Strawberry Shrub is made the same way.

TAMARIND WATER.—Take 2 oz. tamarinds, $1\frac{1}{2}$ cups raisins, 1 cup sugar (scant); boil them in 1 gallon of water till it is reduced to 3 quarts; strain and cool.



TAMARIND.

STRAWBERRY ACID.—In 2 pints water dissolve 2 oz. citric acid; pour it on 4 quarts ripe strawberries, let stand 24 hours; strain without pressing, and to each pint of juice add 1½ lbs. sugar; boil 10 minutes, let stand 3 days, and bottle. To use, put a little into water.

STRAWBERRY WATER.—Take 1 lb. ripe strawberries and 1 cup sugar; mash them together and add 1 cup cold water. Strain and add the juice of 1 lemon.

TISANE.—Take 2 oz. dates, figs or prunes, cut them up, add 5 cups water and boil 1 hour; strain through cloth and serve ice cold. Dilute with cold water if desired.

TOMATO BEVERAGE.—Steam the tomatoes, mash them, and strain through cheese cloth; add $\frac{3}{4}$ lb. sugar to each quart of juice and let stand 8 or 10 days; then drain the liquor from the settlings, bottle, and cork tight. It improves with age. To use, add 1 or 2 tablespoons to the pint of water, and sweeten to taste. A little lemon juice will improve it.

TUTTI FRUTTI.—Take 1 tablespoon mashed strawberries, 1 peach, cut fine, 1 tablespoon pineapple, cut fine, the juice of $\frac{1}{2}$ a lemon, 1 tablespoon of sugar; mix well, strain through a jelly bag, mix with pounded ice and pour on water.

CIDER.—To improve cider, strain it through flannel while new and sweet, and put into each barrel $\frac{1}{4}$ lb. white sugar, and suspend a bag of raisins in it. If acidity appears in cider, add a little baking soda, which neutralizes the acid, but add it on the first appearance of acidity. If cider turns black it is caused by the presence of oxide of iron which turns dark on exposure to the air; adding a little tartaric acid will usually correct it.

GINGER POP.—Infuse 8 oz. bruised root ginger in 5 gallons boiling water; add 4 lbs. sugar, and 2 oz. cream of tartar, and 1 oz. tartaric acid; when lukewarm, strain, add 1 quart yeast, and 1 bottle lemon essence to flavor; let stand over night and bottle.

LEMON BEER.—Into 2 gallons of boiling water put 2 lbs. sugar, the thin yellow peel of 2 lemons, and 1 oz. bruised ginger; when lukewarm add $\frac{1}{2}$ pint yeast; let stand over night, or a little longer, to ferment, and bottle.

MILK BEER.—Into 4 cups water put $\frac{1}{2}$ cup of buttermilk and 3 tablespoons of sugar, and let it stand in a warm place 10 hours; then pour from 1 vessel to another until smooth; bottle and let stand a day. Serve ice cold.

SPRUCE BEER.—Into 4 gallons of water put 3 lbs. sugar, $\frac{1}{2}$ oz. essence of spruce, a little zest of lemon, 1 oz. ginger, and $\frac{1}{2}$ pint of yeast; let stand 24 hours, and bottle.

SYRUPS.

Fruit syrups are made by adding enough sugar to fruit juices to preserve them. Fine flavored fruit should be used, because syrup of fine flavor cannot be made from fruit lacking flavor. Decayed fruit also will affect the flavor of the syrup, and should not be used. If fruit juice is allowed to stand 2 or 3 days until fermentation begins, it will change the pectose it contains so that it will not jelly, and jelling is not desired with fruit syrups. They should be made in granite, porcelain or aluminum kettles, as the acids the fruit juices contain will act on other metals and change and injure the color of the syrups, while in metals like brass, tin, and copper they will also develop poisonous compounds. If boiled hard, or heated too hot, it will injure the flavor and color of the syrups. A double boiler is the best to use to prevent this. Stir syrups with a wooden spoon.

Fruit syrups can be used when fruits are out of season, and they not only make delicious drinks, but they can also be used for puddings, water ices and ice creams. They are best kept in a dark, dry and cool place.

SIMPLE SYRUP.—Take 2 quarts water and 7 lbs. white sugar; heat gently until dissolved, and strain

BARBERRY SYRUP.—Take good ripe barberries, strip them, and put them in a porcelain kettle with water enough to cover them; let them simmer gently, but do not boil or burn them, and when done squeeze out and strain the juice; allow 1 quart sugar to 1 pint of juice and set the pitcher holding them into a pan of boiling water until the sugar is dissolved; then bottle it.

BLACKBERRY SYRUP.—Take $\frac{1}{2}$ gallon blackberry juice, add 4 cups white sugar (heaping), $\frac{1}{2}$ oz. each of allspice, cinnamon and nutmeg, and $\frac{1}{4}$ oz. cloves; pulverize the spice, boil all for $\frac{1}{2}$ hour, strain, and when cold, bottle and cork closely.

CHERRY SYRUP.—Bruise 6 lbs. cherries with the stones in (breaking them); add 3 cups hot water and boil $\frac{1}{2}$ hour, strain



BARBERRIES.

through a jelly bag, add 3 lbs. sugar, and boil until it will sink to the bottom of a cup of water when dropped from a spoon; then turn into jelly cups and cover with paper dipped in the white of egg. To use for a drink, put a spoonful in a glass of water, let stand 10 minutes, stir it, and fill with pounded ice if you have it.

CURRENT SYRUP.—Mash the currants, cover them over, and let them stand 3 or 4 days to ferment; then strain through a jelly bag, and allow 2 lbs. sugar to each pint of juice; dissolve the sugar slowly (in a farina-boiler is best, as there is no danger of its burning), and then let it become cold, put it in small bottles, filling them full, seal tightly and put away.

Raspberry Syrup can be made the same way.

THE RASPBERRY in some form is found throughout Europe and America. There are 2 kinds—the red and white, the former being most common. The juice is very wholesome and valuable to people of a nervous or bilious temperament.

LEMON SYRUP.—In a porcelain pan dissolve 2 lbs. white sugar and 2 cups cold water, and let it boil 2 minutes; then add the juice of 4 lemons, and $\frac{1}{2}$ oz. tartaric acid; after it has cooled a little add $\frac{1}{2}$ teaspoon lemon essence. When quite cold, bottle it.

Lemon Syrup No. 2.—Rub the yellow rind of 6 lemons with 1 lb. lump sugar; moisten the sugar with as much water as it will absorb, and boil it to a clear syrup; to this (without letting it boil any more) add the juice of 1 doz. lemons, stirring it beside the fire; bottle at once, and cork when cold.

Lemon Syrup No. 3.—Mix 4 cups water and 2 lbs. sugar, and boil till clear; when cool, add 1 teaspoon essence of lemon and 1 oz. citric acid, and bottle when cold.

ORANGE SYRUP.—Select fine, ripe oranges, extract the juice, and to each pint add 1 pint sugar; boil gently 10 minutes, skim, and bottle when cold. An excellent flavor for sauces, as well as a delightful drink.

ROSE SYRUP.—Take $\frac{1}{2}$ lb. rose leaves, pour on 1 pint of *boiling* water and let stand till next day; strain through muslin add 2 lbs. sugar, and heat in a double boiler until the sugar is dissolved; let it cool, and bottle when cold.



RASPBERRY.

For Violet Syrup use violets in like manner, but do not allow the calyx or stalks to be mixed with the leaves.

SARSAPARILLA SYRUP.—Into 5 quarts of water put $\frac{1}{4}$ lb. Spanish sarsaparilla, and boil until it is reduced to 2 quarts; add $2\frac{1}{2}$ oz. tartaric acid and 4 lbs. sugar; mix, boil 3 minutes and bottle. To use, put 2 tablespoons in a glass of water, add a little soda, and drink when it effervesces.

SARSAPARILLA is a native of Central America. There are several varieties. The roots appear in bundles 12 to 18 inches long, and 4 or 5 in breadth. The taste when chewed is bitter and even acid. It has been used as a remedy in a great variety of diseases and in certain broken down conditions of health it appears to do much good.



SARSAPARILLA.

STRAWBERRY SYRUP.—Wash the strawberries, and strain through a jelly bag; prepare a syrup and bring it to the "soft ball degree" as directed in "Candy Making," and to each pint of the syrup add 1 pint of the strawberry juice; bring it to a boil, skim, and remove from the fire. Bottle and seal when cold.

Pineapple Syrup can be prepared by gradually adding strained pineapple juice to the syrup, instead of the strawberry juice, and finishing the same way.

TOMATO SYRUP.—Take good ripe tomatoes, squeeze out the juice, and to each pint of juice add $\frac{1}{2}$ lb. sugar; bottle and set away. No alcohol is needed to preserve it. It will keep for years, makes a delightful beverage for the sick, and will resemble pure wine in flavor.

VANILLA SYRUP.—Take 2 quarts of simple syrup, into some of it rub $\frac{1}{4}$ oz. citric acid, add $\frac{1}{2}$ oz. fluid extract of vanilla, and mix all; then bottle.

WINTERGREEN SYRUP.—To $2\frac{1}{2}$ quarts of simple syrup add 25 drops oil of wintergreen, and burnt sugar enough to color it.

ARTIFICIAL HONEY.—(1) Take 10 lbs. good brown sugar, add 4 lbs. water and gradually bring it to a boil, skimming it well. When it has become cooled, add 2 lbs. bee's honey and 8 drops of peppermint. A better article can be made with white sugar instead of brown, with 1 lb. less of water and 1 lb. more of sugar.

INVALID COOKERY.

WHILE in robust health the appetite is undoubtedly an admirable guide in the choice of foods, but when debility and disease are present, intelligent knowledge of the properties of different foods is necessary, and experience should guide in administering them. Ignorance in a sickroom is most deplorable, even when accompanied by the utmost family affection. In many disorders a knowledge of dietetics is as important as a knowledge of *materia medica*, for the action of a medicine may be counteracted by unsuitable diet. When a patient is very sick the diet is prescribed by the doctor, and his directions in regard to the foods to be given should be carried out quite as implicitly as they are in giving the medicine, for they are usually quite as important. Many persons have a superstitious faith in the cravings of the sick and will disobey the doctor to gratify the patient, but this is very unwise, as in disease the appetite is not a safe guide, and many a patient has been seriously injured or even killed by such folly. In some cases, (notably after fever) the patient develops a surprising appetite which, in the state of his digestive organs, it would be dangerous to gratify. Other patients will actually sink from exhaustion while refusing all food. Still, if a desire for any particular article is expressed it would be well to call the doctor's attention to it, as it may be a valuable indication of the needs of the system.

In general it may be said that in feeding the sick 2 objects are kept in view: (1) to choose the food which will give least work to the part of the digestive canal which is most deranged; (2) to compensate for the waste or drain upon the system. The doctor should thoroughly understand the process of digestion, the needs of the system and the composition of foods, and be able to make the selection of foods more skilfully than an untrained person. It is sometimes thought that when a person is ill he should be coaxed or coerced into taking as much food as possible, but it should be remembered that it is only the food which is assimilated by the system which is of any real benefit to the patient, and to *overload* the feeble digestive organs, will impose a burden that will be a positive detriment; therefore in case of serious illness, get directions from the doctor regarding the quantity as well as kind of food to be given. The preparation and cooking of food should be thoroughly understood by a good

nurse, so that should any dish be sent from the kitchen imperfectly prepared, directions can be given how this can be remedied.

The conditions of different patients vary so greatly (one may be suffering from an acute disease like a fever, while another has some lingering chronic disease; one may be suffering from over-work and nervous prostration, while another suffers from a lack of exercise, and so on) that it is evident that no exact rules can be given which will apply to all cases, but the following hints in regard to sickroom feeding may be suggestive to our readers.

(1) Give little food and often. What is eaten with a relish does more good than twice as much swallowed with disgust, so do not urge a patient to swallow large quantities at once; but remember also that very sick people often refuse to swallow anything, though they may be actually sinking for want of food.

(2) Let the food come at stated times and punctually. A convalescent looks forward to meals as the great events of the day, and frets and worries if they do not come on time, and a very weak patient may faint and flag if instead of an hour it is 20 or 30 minutes longer than that, between the times of feeding. If obliged to wait long, a patient may lose the desire to eat, and turn against the food when brought.

(3) As a rule, patients should not be awakened to be fed, though it may sometimes be necessary to do so. Amateur nurses often forget to feed patients in the small hours of the morning, although at that time the patient's strength is at the lowest ebb.

(4) When there is no appetite, give such food as affords the most nourishment for the least work to the system. When very weak, the exertion of eating is quite a tax, so put the greatest amount of nourishment in the least space.

(5) Endeavor to give the food most appreciated by the patient, provided it is not injurious. Do not let a convalescent know before hand what the bill of fare will be, as surprises are often very pleasing to him.

(6) For a convalescent the food should be as varied as possible, for invalids easily tire of the same thing. If the food may not be varied the mode of serving it may, and a stray flower or a new plate is better than no variety at all.

(7) For invalids, never make a large quantity of one thing, as they seldom require much at a time. Only as much as the patient is likely to eat should be taken into the sickroom, and at once remove what remains. Never leave food at the bed-side or about a sickroom; if the patient cannot eat it, take it away and bring it again in 1 or 2

hours. As a rule nothing made for an invalid is fit to be used a day after it has been prepared, and neither food nor drink, except in cases of absolute necessity, should be kept in the invalid's room, as the air and temperature are apt to hasten decomposition.

(8) In case of infectious fevers all remains of food should at once be burned, and *on no account* be eaten by another person. The nurse should *not* eat in the sickroom.

(9) Have every thing tempting in appearance and daintily served. See that the linen is spotless, and the prettiest china used to hold the sick one's food. Never give an invalid soiled or crumpled napkins.

(10) Do not put a very little broth in a very large basin. If a limited amount of drink is to be given it is better to put the right amount in a small glass than to hand a large glass full, and tell him how many swallows to take. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer. It is better not to have a cup more than $\frac{2}{3}$ full, and then it will be less likely to spill over. Never have anything spilled into the saucer on handing an invalid a cup and saucer. Little things like these tell on the sensitive nerves of an invalid more than many people think.

(11) Sponge the hands and face of an invalid carefully before serving any meal.

(12) If a feeding cup is used, scald it carefully and keep it quite clean; warm it before using it for hot food. Keep one for milk, and lay that in water; have a separate cup for beef tea and broth.

When much fever is present very little gastric juice is secreted, and therefore at the commencement of a fever there is little craving for anything but cold water. All nourishment given in high fever should be in fluid form, and it is very doubtful if starch can then be converted into sugar.

Lemonade is agreeable as the acid taste pleases the patient's palate, and the sugar passes into the system without digestion or making any demands on the powers of the stomach, and various other drinks can be given. As the fever subsides the gastric and intestinal juices are sufficiently secreted to digest farinaceous foods, and the medical man can decide in each case what articles are most suitable. By degrees the patient is able to satisfy his natural appetite, convalescence becomes more rapid, and by-and-by steaks and other food can be eaten again. This would be dietetic regimen.

The following quotation from Dr. Pavy's "Treatise on Food and Dietetics," will be of interest and value. Regarding the foods which may be given patients as convalescence advances, he says: "In feb-

rile, acute, inflammatory, and other conditions where an absence of digestive power prevails....the food should be confined to such articles as beef tea, mutton, veal or chicken broth, whey, calf's foot, and other kinds of jelly, arrowroot, and such like farinaceous articles, barley water, rice, mucilage, gum water, fruit jelly, and the juice of fruits, as lemons, oranges, etc., made into drinks....Where a little latitude is allowable, the employment of milk and eggs in a fluid form may be sanctioned. *Bread jelly*, which is made by steeping bread in boiling water and passing it through a sieve while still hot, is also an article that may be used either alone or boiled with milk. From this, as circumstances permit, an advance may be made to substances which do not throw much work on the stomach, such as rice, sago, tapioca, bread and custard puddings, and stale bread and toast sopped. Next may be allowed fish....which should be boiled or broiled, and not fried. As power becomes restored, calves' feet, chicken, game and butcher's meat—mutton to begin with—may be permitted to follow," and so on till ordinary diet is reached. The object is to convey fuel foods (carbohydrates) to the system, and only enough albumenoids (flesh formers) for repairing the tissues. Later, an abundance of albumenoids will be needed to rebuild the wasted tissues.

In cases of fever, pure milk as the main article of diet is superior to anything else, especially in fevers which cause disturbance of the stomach and bowels. Beef tea, which is commonly used, is often irritating; but milk is soothing, cooling, and at the same time nourishing. A patient who can take milk has a greater chance of recovery. With some persons it does not agree, either in sickness or health. Mixing $\frac{1}{3}$ to $\frac{1}{2}$ its quantity of lime water with it will help it with some. Soda water and milk, or seltzer water and milk, agree with some. Boiled milk is more digestible with some, especially hot boiled milk. Only in rare cases should the cream be removed. The slightest souring is sufficient to make milk disagree with a patient. In the early stages of convalescence, hot milk, given often in small quantities, with a little toasted bread, or thin gruel added, is often excellent.

In chronic disorders of the stomach and bowels a milk diet is most valuable. It allows the stomach to have almost absolute rest, which is often all that is required. As it is already prepared for absorption into the system it, in fact, requires no digestion. When milk is constipating, a little salt sprinkled in each glassful will obviate the difficulty. When it has an opposite effect, a few drops of brandy in each tumbler of milk will prevent purgation. If diluted with $\frac{1}{3}$ lime water

it will rarely cause biliousness or indigestion. The idea that milk should not be eaten with pickles is a mistake, as it is curdled by the gastric juice as soon as swallowed, but it is better to be sipped in small quantities than taken in large amounts at one time if acids accompany it.

Cream can often be taken freely when nothing else will remain on the stomach. It should always be fresh, and may be diluted with water or given pure. In many chronic diseases it is irreplaceable by any other article whatever. With many people it is easier of digestion than milk, and it seldom disagrees.

Buttermilk is often very useful. It is almost always allowable in sickness, especially in fevers with gastric symptoms.

Whey is often found useful when every preparation of fresh milk disagrees. It is not very nourishing, but is digestible, and is a refreshing drink in inflammatory disorders. It is rich in organic salts.

The fats for the system are best obtained by using cream, or butter which is next best, rather than fatty meats. Do not have the butter made into a sauce, nor melted and soaked into food. When exposed to heat (as for buttered toast) it is very likely to disagree with dyspeptics and other invalids. All decomposing fats, as a rule, disagree with the stomach. The value of cod liver oil in many diseases consists in the fact that it is the most easily digested of fats, not even excepting cream.

Eggs are nutritious and easily digested when raw or lightly cooked; they are more digestible if beaten to a froth. Do not submit them to a high temperature in cooking, for, as we explain elsewhere, that will make them tough and indigestible. The white is least likely to disagree with a bilious patient. Use only fresh eggs for invalids. Eggs boiled 20 minutes are more digestible than when boiled 10; boiled 10 minutes, they become tough and horny, but become mealy and dry when cooked 20 minutes, and crumble up readily so that they are easily acted on by the gastric juices. Eggs in the tough and horny state are insoluble, and pieces often stay in the digestive tract till they decompose, when they emit ammonia and sulphuretted hydrogen which are injurious to the system.

Beef Tea is not a nourishing food, although it used to be so considered, and it is now known to have more value as a stimulant than as food, properly speaking, and yet many persons place their main reliance on it, and think the more a patient swallows the sooner he will recover. It should be combined with other foods, or given alternately when possible, and when containing farinaceous foods it is

useful. If well made, it is a pleasant and refreshing beverage. A healthy man would starve on beef tea alone, and so would an invalid.

Broth made from chicken is more nutritious than that made from either beef or mutton, and the sick often find it very useful. The meat extracts, (Liebig's and others) are made by boiling lean meat in water, and then taking out the insoluble parts and evaporating it down. As some of the most nutritious parts of the meat are insoluble in water the extracts contain comparatively little nourishment. Their principal value is as stimulants, and they often improve the appetite so that more nutritious foods are craved and digested. Other food, therefore, should be given with them. A German took 2 dogs and gave one meat extract and the other water, and nothing else. The one given the extract lost flesh faster and died before the one having only water.

Jelly, Gelatine and Isinglass have excited much discussion. Alone they are of little value, and it is a mistake to place much reliance on them for nourishment. (See our remarks on this subject under the head of "Gelatine Preparations.")

Toast is valuable for invalids because by toasting part of the starch is turned into dextrin, which is easily digested. Cut the bread thin, hold it a little ways from the fire to dry, then hold it closer till it browns. Serve it dry, or buttered lightly, or with hot water or milk poured on it.

Flour, Rice, Barley and Oats are preferable to arrowroot, sago, tapioca, etc., for nourishment, if suitably prepared. Browned flour we mention elsewhere. *Rice* is valuable for invalids, as it taxes the digestive powers very little. It can be roasted like coffee; then cook it in the usual way, and serve it with cream. *Barley* for invalids should be thoroughly cooked. Use *oatmeal* cautiously until the digestive powers become strong. *Cornmeal* because of its fat is valuable for thin, chilly invalids, but cook it *thoroughly*. *Macaroni* is nutritious and easily digested.

Fine Flour Bread is indigestible because it does not readily separate into particles in the stomach, so as to be readily attacked by the digestive fluids. A little fine Indian meal added to fine flour bread will obviate this difficulty and cause it to separate quickly. *Cornmeal* is also loosening in its effects upon the digestive organs, therefore in a relaxed condition of the bowels cornmeal should be avoided. *Maltine*, taken with fine flour bread or biscuit, will assist digestion. Thorough mastication must be insisted on, for that is the first process of the thorough digestion of all starch foods in which fine flour is used.

Tea, Coffee and Cocoa.—*Tea* is often misused for invalids. A little tea or coffee restores them quite as much as a great deal. As a rule, do not give either after five o'clock in the afternoon. Sleeplessness in the early night is generally from excitement, and is increased by tea or coffee; in the early morning it comes from exhaustion, and is relieved by tea. In general, the dry and coated tongue prefers tea to coffee. *Coffee* is a better restorative than tea. *Cocoa* is often recommended instead of tea or coffee, but it has a very different effect. It is a food rather than a beverage, owing to its fatty character, and for invalids it has no restorative or stimulating effect, and its fat is often oppressive to a weak stomach.

Vegetables.—If an invalid is allowed to eat vegetables, be careful to choose only such as are young and tender, perfectly fresh, and sufficiently cooked; never send them up half done. All of the cabbage tribe are unsuitable, as they are likely to produce flatulence, and all the pulses are difficult of digestion. A mealy old potato is more digestible than a new one. The best way to use it is to boil, remove the inside, mash thoroughly, and use a little salt and cream to season it.

The juice of fruits can be used early in convalescence for preparing drinks for an invalid, but do not use the pulp. When fruits can be used again a baked apple can first be safely eaten.

The appetite may be unimpaired or even greatly increased in many chronic diseases, like dyspepsia, etc., and in these cases there will be danger of yielding to the claims of appetite and overstepping the bounds of prudence, so that an undue amount or an unsuitable food may be eaten, for which reason it is of great importance for such persons to pay attention to some suitable rules for the diet.

People who are subject to gout and biliousness should remember that "bile poison" and "gout poison" are of albumenoid descent, and that they follow a diet too rich in albumenoids like the avenging fates. The system requires for the growth and repair of its tissues a certain amount of albumenoids, but when an excess is eaten the surplus is imperfectly oxydized and the blood becomes laden with waste, and the result is biliousness or gout. People with a tendency to these diseases should eat very sparingly of albumenoid foods like meat, eggs, beans, cheese, etc.

People with a tendency to consumption should eat nutritious and easily digested foods, and plenty of fats in their most easily digested



BRANCH OF CHOCOLATE TREE.

form, such as cream, good butter, oil and salads, oatmeal, cornmeal, etc., rather than in the indigestible form they assume when mixed with starch.

Diet.—Every year diet plays a larger part in the skilled treatment of disease; it is harmless where drugs are dangerous, and it can often cure where drugs are useless or worse. There are many diseases where the only hope of cure or alleviation lies in rigid abstinence from certain kinds of food, and in many common ailments some slight change in diet is by far the best remedy.

A deficiency of oil or fat in the diet develops scrofulous diseases, and yet we often hear, when fat meats, cream, butter, etc., are suggested for scrofulous children "O, that will feed the disease," when that is likely to be the one thing that would most assist a cure. Fat is heat giving, and is naturally craved by most delicate children. The following is about the proportion of fat in the different grains: Rice 1; Rye 1.75; Wheat 2.10; Oats 3.30; Indian Corn 5 (the amount of oil varies in different varieties of corn, the northern yellow containing much more than the southern white). Oatmeal porridge and milk have, with intelligent people, long been regarded as the best food for the nursery. It owes its chief value for that purpose to its large amount of fat, but with many children it does not agree, and corn-meal porridge possessing so much fat can often be used in its place to advantage. Thoroughly cook it *always*, as it is only indigestible when improperly prepared. The dietary for children from $2\frac{1}{2}$ to 7 years of age, which has been settled by long experiment in various children's hospitals is as follows: At least 12 ounces of bread daily; 1 oz. butter; $\frac{1}{2}$ pint of milk; 2 oz. meat; 6 oz. vegetables; 6 oz. gruel or porridge. Rapidly growing children require an abundance of meat (or albumenoids) to build up the rapidly growing system.

Lime.—In parts of the country where lime does not exist in the soil, so that the water is deficient in lime, use $\frac{1}{2}$ pint of lime water with the mixing for bread every time bread is made. In this way children will get the lime which is necessary for the proper solidifying of the bones, and the preservation of the teeth. We explain elsewhere how to make lime water.

When a patient suffers from sickness and nausea every food should be given iced, or as cold as possible, and in the smallest quantities, and it will be a good plan to slip a little piece of ice into the patient's mouth immediately after giving the food.

Ice for the sickroom can be nicely kept through the night by tying a piece of strainer cloth over a large pitcher, with a piece of twine around it, leaving a sag in the center on which may be placed

1 or 2 pounds of ice—enough to serve the invalid through the night. Fold up the corners of the cloth over the ice, and cover it again with a square of canton flannel, folded 4 double. When a bit of ice is needed have at hand a large darning needle and thimble; press steadily on a corner of the ice with the needle, and flake off pieces as needed. The water in the bottom of the pitcher can be poured through the strainer without disturbing the ice which is covered with the corners of the strainer.

Fat may be removed from beef tea or broth by letting it get cold, when it can all be taken off; or, if in haste, by drawing a piece of blotting paper edgewise over the surface, and it will take up the fatty particles. In some cases a little fat will be beneficial; in others it is better to remove it all.

MILK SOUP.—Use 1 quart of new milk, 1 saltspoon of salt, 1 saltspoon of powdered cinnamon, 1 teaspoon of granulated sugar; scald all together for an hour in a pitcher set in a kettle of water; then add the well-beaten yolks of 2 eggs. Good for delicate persons and children.

MUTTON BROTH.—Boil slowly about 2 lbs. of lean mutton for 2 hours; skim it carefully; do not put in too much salt—more can be added if needed; a little barley or rice may be added; strain, and take off all fat with blotting paper drawn across it.

CHICKEN BROTH.—Put half the chicken into a small stew-pan with a teaspoon of rice, a little pepper and salt. Cover with cold water and boil slowly until the meat falls from the bones; then take out the chicken, leave the rice in, and serve. Very nutritious.

ESSENCE OF MEAT.—Take 1 pound of good lean beef (have it free from fat and skin), chop it into small pieces, and put it into a glass fruit jar adding 1 tablespoon of water, and screw on the cover; set it in cold water, heat gradually to 150° to 160° (don't let it boil), and keep it there 2 hours; the water in the outside kettle must not get into the fruit jar; remove all fat with a piece of clean blotting paper, and add salt and pepper to taste. Chicken or any other meat can be treated the same way. The pure essence of meat, thus extracted, will be received by the most delicate stomach, and is also valuable where considerable nutriment is required in a concentrated form. A single tablespoon can be taken by an invalid, and would afford as much sustenance as $\frac{1}{4}$ pint of broth. It becomes a jelly when cold, and may in this way be eaten with chicken or game.

STEWED BEEF ESSENCE.—Cut $\frac{1}{2}$ lb. of beef into bits, salt it, and in a few minutes, squeeze it, let it stand $\frac{1}{2}$ hour, heat hot, but do not boil it, and serve at once.

BROILED BEEF JUICE.—Broil $\frac{1}{2}$ lb. of round steak 1 or 2 minutes on each side, cut in bits, squeeze out the juice, salt and serve.

BROILED STEAK.—Wipe the steak with a clean, wet cloth, take a piece of the fat to grease the gridiron, broil over a bright fire 4 or 5 minutes, turn often, put on a hot plate, season with salt, pepper and a little butter.

TOASTED MUTTON.—Cut very thin slices from loin of mutton, with a sharp knife. Lay each slice on a toasting fork, and toast over a clear hot fire. Sprinkle with a little pepper and salt. It may be eaten with a thin piece of toast.

MEAT PATTY.—Scrape a piece of lean beef-steak with a very dull knife, holding it with the left hand, and scraping from you with the right. This removes the tender meat fiber and leaves the tough connective tissue. Press the former into a thin cake or patty, and broil on a toasting fork over a very hot fire. When done, season to taste. Eaten with toast or thin cut bread and butter it makes a very delicate dish. The cake or patty, prepared as above, may also be fried in a little butter, and will be found very nutritious, and a weak stomach will retain it.

RAW BEEF SANDWICHES.—Scrape fine 2 or 3 tablespoons of raw, juicy, tender beef, season slightly with salt and pepper, spread on thin slices of bread, and put it in a toaster and toast slightly.

COOKING EGGS FOR INVALIDS.—Put 3 cups of boiling water into a skillet and add a cup of sweet milk and a little salt. Have it boiling hot, then break the eggs in, and cover and set back where they will not boil. Let the eggs remain in until they cook white on top, but not hard.

STEAMED EGGS.—Put 1 or 2 tablespoons of new milk in plain patty tins, and break fresh eggs into them; add a little salt and put into the steamer and steam until white, over the yolks, but not long enough to harden them. Eggs thus prepared are very nice and look very inviting.

BEEF TEA.—Mince a pound of tender beef, free from fat, and put it into a covered crockery jar; pour on barely enough cold water to cover the meat, and allow it to soak 2 or 3 hours; then place it on the stove or in a moderate oven, and let it *simmer* (*don't* let it

boil—it should not go above 160°) for 2 or 3 hours longer, adding a little water from time to time as it evaporates; strain and season to taste. To make it more nourishing a little arrowroot, rice or barley may be added.

Mutton or Veal may be treated the same way.

If beef tea must be had quickly broil a thick piece of steak, turning it often, to keep in the juices, as explained elsewhere for broiling; then cut it into small pieces, and press it in a lemon squeezer.

Prof. Liebig's Beef Tea.—A saltspoon of the extract (Liebig's) is stirred in a cup of boiling water. Add salt and pepper as desired. If too much of the extract is used, which is a common mistake, the drink has a bitter taste. Dry toast eaten with it makes a palatable dish.

BROILED BEEF TEA.—Broil $\frac{1}{2}$ lb. of lean, juicy beef 1 minute on each side, cut in small pieces, pour over it $\frac{1}{2}$ cup of boiling water, squeeze it, salt the juice and serve instantly. Do not heat it again.

STEWED BEEF TEA.—Use $\frac{1}{2}$ lb. of round steak, cut fine, soak it in 1 cup of water $\frac{1}{2}$ hour, let it heat (not boil), strain, salt and serve. (In making beef tea it is well to know that 1 lb. of the round will yield 4 oz. of beef extract, and contains more nutriment and is much cheaper than extract bought ready prepared.)

APPLE WATER.—Cut 3 or 4 apples in slices, pour boiling water over, allow to stand 2 or 3 hours, strain, and sweeten slightly. This is a very refreshing drink.

BARLEY WATER.—To 1 cup of barley (first washed) add 1 quart of water. Allow to simmer until $\frac{1}{4}$ has boiled away. Strain, and to this add a tablespoon of sugar dissolved in 1 cup of hot water. This is an excellent drink in febrile affections; also it is very refreshing and somewhat nourishing. To make a mild laxative drink, for children, add to the barley 8 or 10 figs cut in pieces. It is a delightful drink, and quite laxative.

RICE WATER.—Wash 2 oz. of rice; boil 1 hour in 2 quarts of water; strain, and sweeten; flavor with nutmeg. It is a very pleasant drink and efficacious in the bowel troubles of children.

TOAST WATER.—Cut 4 slices of bread thin; toast to near burning. Pour over them 1 quart of boiling water and allow to cool, and strain. It may be flavored with a little lemon juice. This is a most wholesome and refreshing drink.

HOT LEMONADE.—Peel the yellow rind off 1 lemon, squeeze, and add a glass of boiling water; sweeten with crushed sugar. This

is an excellent drink in the feverish condition of colds. It will quickly induce perspiration.

EGG AND LEMON JUICE.—Dissolve 1 oz. sugar in 1 pint of water, and stir in the juice of 1 lemon; add the white of 1 egg and froth up. Ice it if desired.

EGG DRINK.—Use 1 egg, 1 teaspoon of sugar, 1 teacup milk. Beat the egg well in a cup with the sugar, put the milk on to boil, and when it boils pour it over the egg, beating with a fork all the time. It is refreshing and invigorating.

EGG AND LIME WATER.—To a wine glass of lime water add the white of 1 egg beaten so it will not string. Give it in small quantity and often. It is excellent in obstinate vomiting and irritation of the stomach.

LIME WATER.—Put 2 teaspoons of lime water in $\frac{1}{2}$ tumbler of milk; add a little sugar to taste. This will often be retained when the stomach rejects all other kinds of food. The same may be said of milk and soda water in equal proportions. We explain elsewhere how to make lime water.

FLAXSEED TEA.—To 1 cup water allow 1 tablespoon flaxseed; pour on the water boiling hot, boil 5 minutes and strain. Sweeten with sugar, and for flavor add a little lemon or orange juice.

LINSEED TEA.—Boil 2 tablespoons of the unground linseed in 3 pints of water until reduced to a quart; strain, and add lemon juice to relieve the flat taste. A very useful drink in colds and coughs. It is also good in affections of the urinary organs.

LICORICE TEA.—Take 2 oz. each of licorice and marshmallow root; boil in 3 pints of water down to a quart. Allow it to stand to settle; then strain through muslin. It is a very desirable drink in colds, etc.

SLIPPERY ELM TEA.—Boil 1 oz. in a quart of water until $\frac{1}{4}$ boiled away. Pour off, and flavor with lemon juice if desired. Useful in the same cases as the former.

RENNET WHEY.—Infuse a piece of the rennet in a little boiling water, as for making cheese; let it remain 1 or 2 hours; put a tablespoon of this fluid into 3 pints of new milk, just warmed (not hot). Cover it with a cloth and let stand *still* until the curd is formed thick on the top; press out, and use the whey.

WINE WHEY.—Add to a pint of milk, brought to the boiling point, sufficient madeira or sherry wine to coagulate it. Strain, sweeten or flavor to the taste.

RICE AND MILK.—Wash 3 tablespoons of rice; put in a saucepan with a pint of milk; allow to simmer until rice is soft, stirring from time to time to prevent burning; sweeten and flavor to taste. This is a nice dish for children, especially when troubled with summer complaint.

Tapioca, Macaroni, Vermicelli etc., may be treated in the same way. They make very palatable dishes.

SWISS CREAM.—Boil a pint of cream or milk with a little cinnamon or lemon peel; rub a teaspoon of flour in a small quantity of milk, and add it to the rest, stirring it on the fire.

ASSES' MILK.—This is much like human milk in consistency, but contains a little less cream and more soft caseous matter. It is often used by persons afflicted with lung affections, and is considered very strengthening.

Artificial asses' milk may be made by dissolving 2 oz. of sugar of milk in 1 pint of warm, skimmed, cow's milk. Another recipe for artificial asses' milk is $\frac{1}{2}$ oz. of gelatine dissolved in a quart of hot barley water, then add 1 oz. of refined sugar, and then 1 pint of new cow's milk and beat all together.

ARROWROOT.—Mix 2 teaspoons of arrowroot with 1 tablespoon of cold water, then add $\frac{1}{2}$ pint of boiling milk and boil 10 minutes. Sweeten to taste and add nutmeg or powdered cinnamon. It is light and agreeable for a delicate stomach.

ARROWROOT.—This is a species of starch obtained from the roots of a variety of plants cultivated chiefly in the West Indies. The origin of the name is said to be the use by the Indians of the fresh roots to cure the wounds caused by poisoned arrows.

Any kind of starch to be digestible should boil 10 to 20 minutes. It is not enough to cook it until it swells, but it must be cooked until the starch granules burst their sheaths. Starch preparations are often cooked too little.

GOAT'S MILK.—This is considered very good for invalids in some conditions. It resembles cow's milk, but the butter contained in it is harder than that of the cow.

Artificial goat's milk is made by taking a piece of fresh calf's suet the size of an egg, tying it in a cloth, scalding it in a quart of



ARROWROOT.

new milk, and adding a level tablespoon of granulated sugar. The suet must be cut finely, or chopped, and tied loosely in a thin piece of muslin or lace. This is excellent for scrofulous children, and any person suffering from affections of the lungs.

FRANGIPANE.—This is a preparation for invalids made by evaporating to a thick consistency (in a double boiler) milk mixed with blanched and pounded sweet almonds, and a little sugar.

SUET AND MILK.—To 1 pint of new milk add 1 cup of scraped veal suet and a teaspoon of sugar. Scald together for an hour, then strain, and add a little flavoring if liked. This is a nourishing drink for an invalid or delicate child.

MILK OR CREAM TOAST.—Toast a slice of bread uniformly brown. Break the crust by rolling, and add sufficient hot milk or cream to thoroughly soak it. Sweeten with powdered sugar.

SIPPETS.—When the stomach cannot bear meat, toast some slices of bread, lay them on a hot plate, and pour hot meat gravy over them; add salt to taste.

BOILED OR BAKED FLOUR.—Tie some flour in a cloth as if it were a pudding, put it in boiling water and boil for 3 hours; then scrape down the inner part of the ball, and use a tablespoon in a pint of milk to make a gruel. Or put the flour on a tin in the oven and bake it till it is a light brown; then use as before. Both these preparations are more digestible than uncooked flour.

GRUELS.—**Corn-starch, Rice, Wheat Flour or Arrowroot.**—Wet 2 teaspoons of the flour in cold water or milk, stir it into 1 cup of boiling water, add 1 saltspoon of salt, boil 10 to 15 minutes; thin it with $\frac{1}{2}$ cup of milk.

Barley Gruel.—Wash $\frac{1}{2}$ cup of pearl barley and boil it in 1 pint of water for 20 minutes; pour off this water and add 1 quart of fresh boiling water; let it boil until reduced $\frac{1}{2}$; strain, and add the rind of a lemon and sweeten to taste.

Codfish Gruel.—Freshen a tablespoon of shredded codfish to taste; add to it 1 teaspoon *sifted* flour, and 1 cup of boiling water—allowing it to simmer long enough to thoroughly cook the flour; add a very little butter, and eat with toasted cracker.

Cornmeal or Oatmeal Gruel.—Mix $\frac{1}{2}$ cup of the meal with a little cold water; then add a pint of boiling water, a teaspoon of salt, and boil 25 or 30 minutes. Sweeten to taste, and add a little nutmeg. This makes a nice light nourishment for the sick or convalescent.

Cracker Gruel.—To 4 tablespoons of powdered cracker, wet with boiling water, add 2 cups of hot milk.

Egg Gruel.—Beat well 1 egg, white and yolk separately; pour 1 cup of boiling water or milk to the yolk, add 1 teaspoon of sugar; mix well, and stir in the white.

Onion Gruel.—Slice and cut finely 2 or 3 small onions; stew them in a quart of water until they are soft; then add a teaspoon of good extract of beef. This is excellent for a cold. Or the onions may be stewed in milk instead of water, and a sprinkle of oatmeal and a pinch of pepper stirred in, instead of the meat extract if preferred. Take it just before getting into bed.

MILK PORRIDGE.—Boil 24 raisins cut in quarters, in water enough to cover them, 20 minutes; when plump, and the water has evaporated, add 2 cups of milk, and when boiling add 1 teaspoon of flour rubbed to a paste; let it boil up, then with a little cold milk add the white of an egg well beaten.

OATMEAL JELLY OR STIFF PORRIDGE.—Boil a pint of water, and while it is still on the fire, stir in small quantities of oatmeal very fast, sprinkling it in, until it is rather thick; then boil it slowly $\frac{1}{2}$ hour. Turn it out into a soup plate, and eat it with milk, or syrup, or butter and salt.

ELM JELLY.—To 1 quart of water add 4 tablespoons chipped slippery elm, and let it stand over night. In the morning strain off the water, add 1 or 2 slices of lemon (without seeds), sweeten, and let it boil for 10 minutes. Remove the lemon, and pour it into a mold to cool and harden.

RICE JELLY.—Make a thin paste of 2 oz. of rice flour and 3 oz. of loaf sugar; boil them in a quart of water till transparent. Flavor with rose, orange, or cinnamon water. It can be made also by boiling whole rice long and slowly. A pinch of salt improves it.

TAPIOCA JELLY.—Choose the largest sort, pour on cold water to wash it 2 or 3 times, then soak it in fresh water 5 or 6 hours, and simmer it in the same until it becomes clear, adding the peel of 1 lemon; then add sugar, and lemon juice. It thickens very much. Wine is also sometimes added for invalids.

RESTORATIVE JELLY.—Use 1 box of gelatine, 1 tablespoon of powdered gum arabic, $\frac{1}{2}$ pint of port wine, juice of $\frac{1}{2}$ a lemon, 3 tablespoons of sugar, and 3 whole cloves; put all in a covered glass jar, set it on a plate in a kettle of cold water, let it soak $\frac{1}{2}$ hour. put it on the fire, and heat slowly; when all is dissolved, stir well, and strain into a shallow dish, and cut in squares.



ONION.

WINE JELLY.—Use $\frac{1}{2}$ cup of gelatine; soak soft in $\frac{1}{2}$ cup of cold water; then pour in 1 pint of boiling water, juice of 1 lemon, 1 cup of sugar, 1 cup of sherry wine; stir and strain through a cloth into a mold.

CRACKER PANADA.—Pour over 3 or 4 crackers, in a sauce-pan, enough water to barely cover them. Boil 2 or 3 minutes. Pour off the surplus water, and add enough hot milk or cream to soak them. Sweeten with powdered sugar.

ICELAND MOSS.—Wash 1 oz. in boiling water; then boil slowly in a pint of water until quite soft. Strain through cloth, and sweeten. When done it will make a very palatable dish.

ICELAND MOSS.—This is really a lichen, not a moss. It grows in northern latitudes. Its bitter taste is due to an acid it contains, but by soaking it in a weak solution of carbonate of soda that can be removed. It contains about 10 per cent. of water, 9 of albumenoids, 70 of lichen starch, 6 of lichen acids, $3\frac{1}{2}$ of cellulose, and $1\frac{1}{2}$ of mineral matter.

IRISH MOSS is a seaweed, collected mostly on the coasts of Ireland. Its chief constituent is a kind of mucilage which dissolves to a stiff paste in boiling water; it also contains a little iodine and much sulphur. Its constituents are, water 19%, albumenoids 9, mucilage, etc. 56, mineral matter 14. It should be soaked in cold water for an hour or so before being boiled in water or milk. It will often relieve a severe cough, and is frequently given in cases of rheumatism and gout.



ICELAND MOSS.

ARROWROOT BLANC MANGE.—Mix arrowroot in the usual way, but use 3 times more than you would for gruel; add milk and flavoring; sweeten to taste and simmer till thick enough for a mold.

RICE BLANC MANGE.—Boil as much ground rice in a pint of milk as will make it thick enough to turn out of a mold, sweetening and flavoring to taste. A sauce can be added of milk, cream, or any invalid custard.

Sago Blanc Mange is made the same way, first washing the sago in several waters.

Tapioca Blanc Mange is made the same way, washing the tapioca, and using less of it.

TAGANROK BLANC MANGE.—Put 2 cups milk in a double boiler, bring it to a boil, and sprinkle in 2 tablespoons taganrok farina, stirring all the time; add $\frac{1}{2}$ teaspoon salt, and cook 30 minutes, stirring often; then turn into a mold which has been wet with cold water; let cool, and serve ice cold with cream and sugar. (Taganrok is Russian wheat farina. It can be bought in small packages at the stores.)

CARVING.

 ARVING is an art—it is to be regretted that it is an art so little understood, for there are far too many poor and indifferent carvers in the world. Every man and woman must at times be called on to carve, and they should certainly know how to do so properly. A joint of meat will go very much farther, and the guests will be much better served when handled by a skilful, than by a poor and awkward carver.

It is not difficult to learn to carve well, and it ought to be a part of the education of every boy and girl. Certainly it is an accomplishment they may be proud to possess, and it will often save them from embarrassment. Any one who will begin at the beginning and give the matter a little thoughtful study can master the art, and it will be of far more advantage in life than many other accomplishments to which much more time and thought are given.

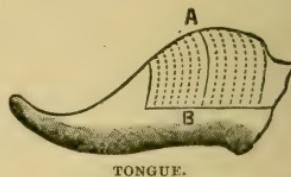
Before coming to the table the knife should be well sharpened and put in good condition. It will be very annoying to wait to sharpen the knife, and without having it sharp no one can carve well. Keep the carving knife for that purpose alone, and never use it to cut bread or other articles. During all pauses in carving, the knife and fork should be placed on the knife rests, and not thrust and left under the meat.

It would be much better if instead of sending all the gravy to the table at first, a portion was reserved to be sent in hot for the "second help." To have the meat swimming in a platter full of gravy is not at all desirable. Many platters are now made with a well to receive and hold the gravy. When such a dish is not used, a crust of bread can be slipped under the platter to tip it a little and cause the gravy to run to one side, but to tilt up the plate with one hand, while the gravy is ladled out with the other, is considered inelegant.

The dish upon which the article to be carved is placed should be near the carver, so that he may have full control of it. If placed far away, ungracefulness in appearance and difficulty in performing the task are inevitable. Any display of exertion reflects either on the skill of the carver or the quality of the meat. Work deliberately and carefully, and try to divide the material so that all may be served equally well, and when serving the meat lay the best side up.

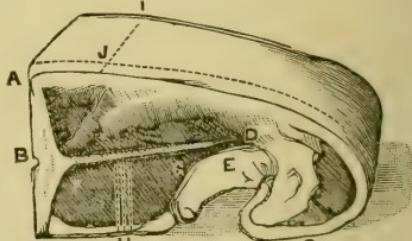
The directions which we give, and the illustrations accompanying them, will make the best methods of carving clear. Always do the best you can while carving, but as practice alone makes perfect, no opportunity to practice should be lost, for thus alone can the facility so essential to ease be acquired.

TONGUE.—This can be carved in either of 2 ways. One is to cut $\frac{3}{4}$ of the way down, as shown by the line A B, and then cut thin, even slices from each side, but this method is wasteful. A more economical way is to cut clear through the tongue, and then cut slices from each half. A little fat should be cut from the root of the tongue and placed with each slice. Although it is not generally carved in that way, it will be an improvement if the tip of the tongue is cut lengthwise, in thin, even slices.



TONGUE.

SIRLOIN OF BEEF.—A sirloin of beef may be divided into 2 parts—the under-cut or fillet, and the top or rump. As the under-cut is best served hot, and as it is often sufficient to dine a small family, it is frequently carved first. Besides this it is thought that the top presents a better appearance when sent cold to the table; some families, however, prefer to reserve the under-cut for a cold dinner next day—it is purely a matter of taste.



SIRLOIN OF BEEF.

If the under side is cut first, the best way is to remove the fat, E, which, if not eaten at the table, chops up well to make puddings. A portion of the fat should go with the lean to each guest. Then the meat can be cut in good even slices as shown by the dotted lines H. For the upper portion, first thrust in the knife and run it along the upper side of the bone from B to D, separating the meat. Then with a firm, even stroke, cut as shown by the dotted line A to C, cutting down clear to the bone.

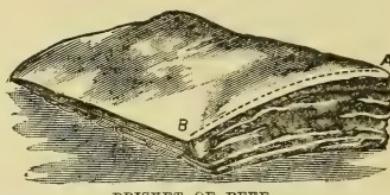
Each slice should be thin and even, and the sirloin should cut fairly to the very end. Some persons cut across from I to J, but this is a wasteful plan, and not to be recommended. As the well-done portion comes on the outside, and the rare in the center, a number of

slices should be cut off, and the guest offered his choice between rare and well-done.

RIBS OF BEEF.—These are best cut in the manner described for the upper part of the sirloin. First thrust in the knife and separate the meat from the bone, and then cut from end to end (not across), cutting the meat in thin, even slices.

BRISKET OF BEEF.—A

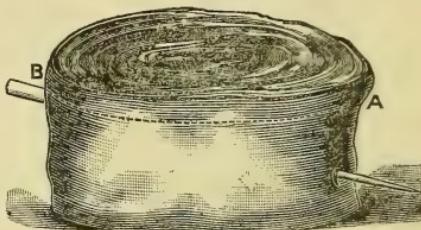
brisket is very easy to carve—cut across as shown by the engraving from A to B. Cut moderately thick slices, and evenly, with a firm hand, down to the bone, so that it will not have a rough and jagged look when removed. The carving knife used for joints of this character should not be too thin.



BRISKET OF BEEF.

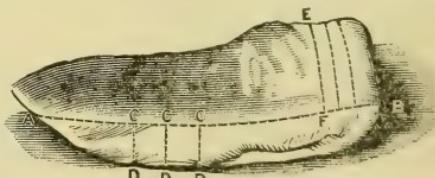
ROUND OF BEEF.—In carving a round of beef, or ribs rolled, a long, thin, and very sharp knife should be used. A slice is cut off of the top leaving the surface flat, and then very thin, even slices should be cut across as shown in the direction A to B.

A morsel of the fat should be served with each slice of the lean.



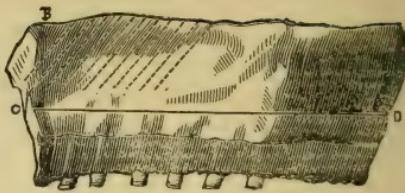
ROUND OF BEEF.

BREAST OF VEAL.—First separate a breast of veal into 2 parts (it rightly consists of 2, the rib bones and the gristly brisket) by passing the knife along sharply in the direction of from A to B. Then carve the rib bones as shown by E to F, while the gristle is carved by cutting as shown by the lines C to D. In a breast of veal, stewed, these are particularly tender and inviting, and should be offered to those who prefer it. A slice of the sweetbread, if it is served with the dish, should be given to each guest.



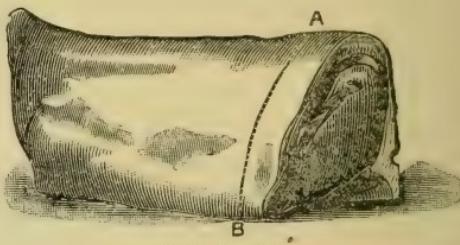
BREAST OF VEAL.

NECK OF VEAL.—If this is jointed by the butcher and a chop given to each one it serves them with a gigantic piece much of which will be wasted. The best way to carve it is to cut diagonally as shown by the dotted lines B to C, and help in slices of moderate thickness; you can then cut from C to D in order to separate the small bones, and divide and serve them, first inquiring, however, if they are desired.



NECK OF VEAL.

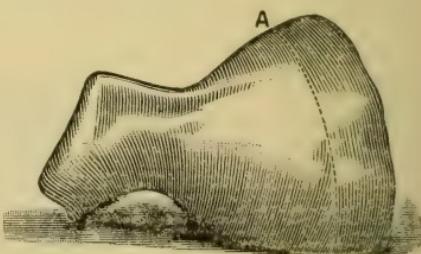
LOIN OF VEAL.—This should be carved by cutting along the line indicated by A to B. If the butcher does his work well there is little difficulty, but if not it is hardly possible to carve it decently. When the loin is large, one chop



LOIN OF VEAL.

will make two small helps; in this case the under-cut, which is the tenderest part, should be put with the end, and the bone and upper left together. The kidney and kidney fat, which lie underneath, are considered great delicacies, and a piece should be given to each guest. The most economical way of serving loin of veal is to bone and roll it, when it can be cut in thin slices like a fillet.

KNUCKLE OF VEAL.—Carve a knuckle of veal by simply cutting off slices as indicated by the line A to B. Cut clear to the bone, and occasionally cut along the bone and horizontally around it to clear the center. The best slices are those from the thickest part—that is near the end.

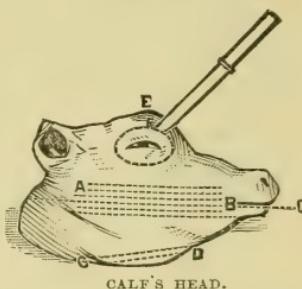


KNUCKLE OF VEAL.

SHOULDER OF VEAL.—This is sent to the table with the upper part placed uppermost. Serve it like a shoulder of mutton, beginning at the knuckle end

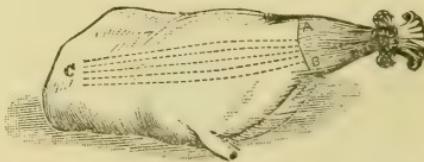
FILLET OF VEAL.—This meat has a tendency to break and crumble, and should, therefore, be cut with a thin and *very sharp* knife, in the manner explained for a round of beef. The top, if it is well roasted, is a nice brown, and should be cut into small pieces, and a little served to each one, unless it is given as a courtesy to some favored guest. Place a little stuffing on each plate.

CALF'S HEAD.—Commence by making long slices from end to end of the cheek, cutting quite through to the bone, as shown by the dotted lines A to B. Serve with each slice a cut of what is called the throat sweetbread, which lies at the fleshy part of the neck end. Cut small slices also from C to D and serve small pieces with the meat; they are gelatinous and delicious. The tongue is served on a separate plate, surrounded by the brains, and is cut across in rather thin slices. Offer some to each guest. To remove the eye insert the knife at E, push it down to the center, and turn around as shown by the dotted line. This will bring it out cone-shaped and entire. Some consider it a titbit. Then turn the plate and remove the jaw, beginning to cut at G. The palate is considered a dainty, and a little should be offered each one.



CALF'S HEAD.

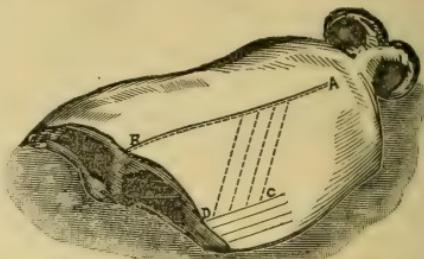
HAUNCH OF MUTTON.—Have the dish placed so that the loin is nearest and the knuckle farthest from you. Then make an incision from A to B with the point of the knife, holding it rather upright. Then cut from A to C with a slanting cut, not more than $\frac{1}{8}$ of an inch deep at A B, though it may go to the bone in the middle. Let each succeeding cut, shown by the dotted lines to C, be sloping, and the gravy will gather in the center, called the "well." Serve a spoonful of this gravy with each slice of meat. Be careful and not let the gravy run out into the dish. The fat will be found at c, and a little should be served with the meat.



HAUNCH OF MUTTON.

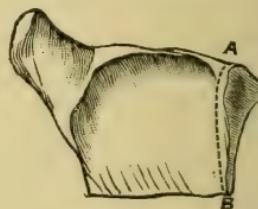
SADDLE OF MUTTON.—The tail end is divided in the illustration, and the kidneys skewered under each division; this is not al-

ways done, as it is a matter of taste. Carve a saddle of mutton by cutting thin, even slices along each side of the center bone, in the direction A to B; help fat from C to D. You may help from the vertebrae on both sides the loin, and then carve crosswise, as marked in the engraving, which gives you both fat and lean. Help a slice of kidney to those who desire. It is best to have relays of very hot gravy served separately, as saddle of mutton very soon gets cold. The dish in which it is served, as well as the plates, should be very hot.



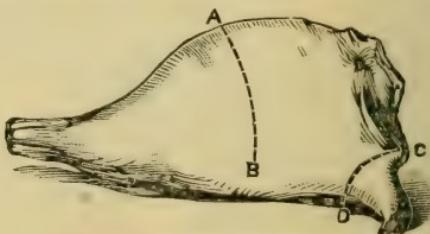
SADDLE OF MUTTON.

NECK OF MUTTON—This is usually boiled, and then carved by cutting it into chops, as shown in the dotted line, and into pieces, by bringing the knife between the bones, at what is known as the scrag end. When the best end of the neck is roasted (this forms an admirable joint for 2 or 3 persons) it should be carved like a saddle of mutton, and the neck should not be jointed by the butcher (see remarks about that on carving the loin). When carved thus, nothing is wasted; the bones left on the platter will do for the stock-pot, while the scrapings, etc. will make a dish of mince.



NECK OF MUTTON.

LEG OF MUTTON.—The knife should be carried down sharply in the direction of the line A to B, and slices taken from either side, as the guests may desire, some liking the knuckle end because well done, and others preferring the rarer parts. The fat should be sought near the line C to D. Some connoisseurs are fond of having this joint dished with the under side uppermost, so as to get at the finely grained meat lying underneath, known as the



LEG OF MUTTON.

Pope's eye but that is an extravagant fashion of carving. When carved outside the room a leg of mutton can be cut in slices parallel with the bone, when it has the appearance of, and is practically, a haunch.

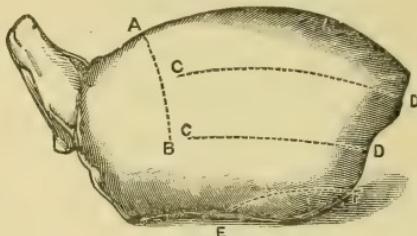
SHOULDER OF MUTTON.—Commence carving from A to B taking out moderately thick slices in the shape of a wedge; some nice pieces may then be helped from the blade bone, from C to D, cutting on both sides of the bone.

Cut the fat from E to F, cutting it in thin slices. Now turn the joint and carve the under side of the shoulder, as some of the choicer parts lie there. Cut horizontally along the whole length, as from C to D. Some tender slices are met at E to F, but they are cut as indicated. In

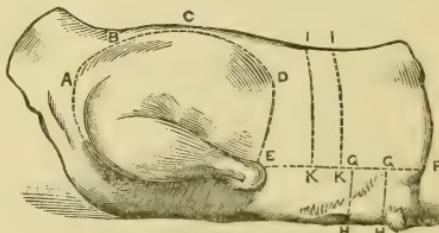
carving this joint the tastes of those at the table should be consulted, as it has many titbits. It should be served hot, as it is very insipid when cold.

FORE-QUARTER OF LAMB.—Place your knife near the knuckle, and cut along A, B, C, D, E. Pass your knife under, lift with the fork, and the shoulder will come away. Do not cut away too much meat from the breast, as that will spoil the appearance. The juice of half a lemon is then squeezed under the shoulder, salt and pepper sprinkled on, and a small piece of butter added, and the parts reunited until the butter is melted, when the shoulder is removed to another plate. Then separate the ribs from the brisket by cutting from F to E. Carve the ribs in the direction of I to K, and the brisket from G to H. Ask guests which part they prefer, ribs, brisket, or a piece of the shoulder, and serve accordingly.

OTHER JOINTS OF LAMB.—These are carved exactly like the corresponding joints of mutton, and our readers can refer to the directions given for those.

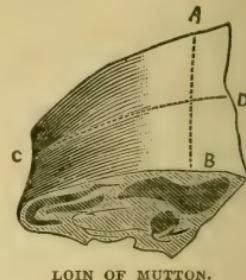


SHOULDER OF MUTTON.



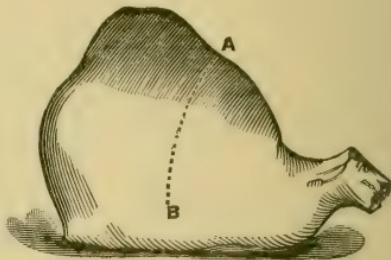
FORE-QUARTER OF LAMB.

LOIN OF MUTTON.—The most economical way of carving a loin of mutton is to carve it like a saddle, by taking slices along the line A B. The end can be cut off before roasting, and will make a good stew. When carved in this way, however, tell the butcher not to joint the meat, as each chop makes a gash that lets out the gravy. When the loin is jointed it is too often served up in irregular chops, which are only half picked, and as much of the meat is wasted as is eaten. When it is jointed it is cut as indicated by the line C to D.



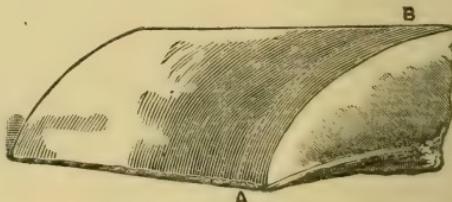
LOIN OF MUTTON.

LEG OF PORK.—Carve this like a leg of mutton, by cutting sharply down to the bone in the direction of A to B. Serve a piece of crackling with each slice. When the leg is stuffed ask if stuffing is liked, as many persons object to the flavor of onions. The best way to serve sage and onion stuffing, is separately in a sauce tureen. Also serve apple sauce, and some very hot gravy with it.



LEG OF PORK.

LOIN OF PORK.—This should be properly jointed before cooking, and the crackling should be scored. Then carve from A to B, dividing it into neat and even chops. Stuffing is best served separately, as well as good hot gravy in tureens. Give a piece of crackling with each help.



LOIN OF PORK.

HAM.—The carver must judge whether he wishes to be guided by economy, or to get the prime slices at once. On the former plan he will begin at the knuckle end C to D, and work gradually back

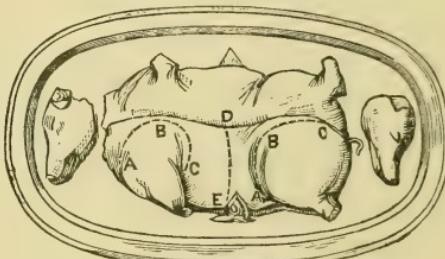
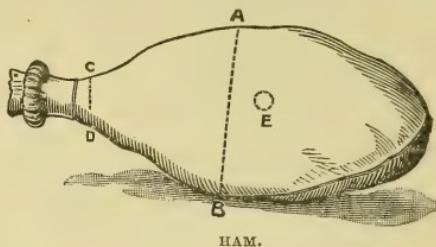
into the ham, cutting off thin even slices, and leaving the knuckle bone bare. On the other plan he will begin by cutting at A to B, and carve thin, wedge shaped slices, going clear to the bone, and working on the side away from the knuckle. The knife should be very sharp and thin, and the experienced carver prefers

one which has been worn down narrow as well as thin. A third plan is to cut a circular hole at the top E, and slice pieces off inside the hole, gradually enlarging the circle, but the other plans are generally considered preferable. Send ham to the table with the knuckle ornamented with a paper frill, as shown in our illustration, if convenient.

SUCKING PIG.—This is usually sent to the table as shown in our illustration. First cut off the shoulder by bringing the knife round as shown by the dotted line A, B, C. Then cut off the hind leg by cutting as shown by the dotted line A, B, C. The ribs can now be easily cut down in the direction D to E. The other half is, of course, carved in the same way. The pig is sometimes sent to the table whole. In that case first cut off the head. Then cut directly down the center of the back from neck to tail, dividing the pig in two. Then proceed as above. A sucking pig is considered delicious eating, but different parts are variously esteemed, and the carver should consult the preferences of his guests. Give a portion of the crackling to each one.

HAUNCH OF VENISON.—The manner of carving this is identical with that of a haunch of mutton. See the explanation given for that.

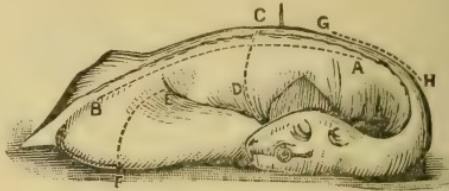
NECK OF VENISON.—A neck if it is kept just long enough, but not too long, is equal to a haunch. The neck, however, should



never be jointed, as that ruins it. In carving, cut parallel with the spine, as explained for a loin of mutton (which see). Slices of fat will be found lower down, and a little can be served each guest.

BOILED RABBIT.—

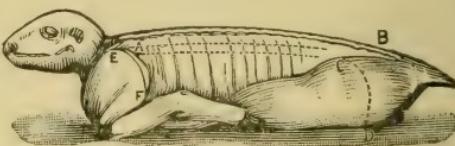
Draw the knife on each side of the back bone the whole length of the rabbit, as shown by the line A to B, thus dividing it into 3 parts. Now divide the back into 2 parts, cutting in the direction of the line C to D. Then take off the leg by cutting along the line E to F; the joint will readily disclose itself. Cut the shoulder as shown at G to H. The tenderest part is on the loins. There are other plans of carving a rabbit, but we think this the best. With a very large rabbit, slices may first be cut out of the back, parallel with the backbone; then take off the legs, and then divide the back as at C to D.



BOILED RABBIT.

ROAST RABBIT.—

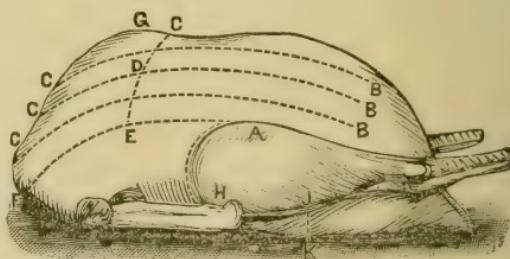
The trussing of a roast rabbit is rather different from one which is boiled, but the carving is quite similar. Cut as many slices of moderate thickness from A to B as it will give, and then disengage the legs and shoulders as with boiled rabbit. The loins are the tenderest part.



ROAST RABBIT.

ROAST TURKEY.—

The chief effort should be to obtain as many slices as possible from the breast; it is remarkable how many more a good carver will obtain than a poor one. A skilful carver knows the location of the joints, and easily manages the dissection. Commence by carving slices from both sides of the breast in the direction of the lines B to C, beginning close to the



ROAST TURKEY.

wing and working upwards towards the ridge of the breastbone. Then separate the legs by passing the knife along A to H, and on turning the leg out a little with the fork the joint will disclose itself; then divide the thigh from the drumstick. Separate the pinion carefully and neatly from the body. The stuffing can be obtained by making an opening at B.

BOILED TURKEY.—This is trussed in a little different manner from a roast turkey, but it is carved in the same way

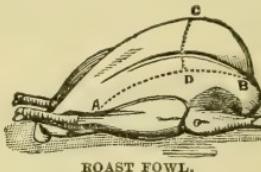
ROAST FOWL.—Have the fowl lie upon its back, with the tail to the left. Insert the fork into the breast firmly, a little to the left of the center, with a prong on either side of the ridge of the breastbone. Insert the knife between the leg and the side and press back the leg with the blade of the knife; the thighbone will leave the socket, and only a little assistance of the knife is needed to free the leg. Remove the wing by cutting from B to D; press out the knife and the joint will come apart; then separate it from the body. Remove the merrythought and neck bones by inserting the knife and forcing it under the bones as at C to D; raise it and it will readily separate from the breast. Divide the breast from the body by cutting through the small ribs down to the vent, turn the back uppermost, put the knife into about the center between the neck and rump, raise the lower part firmly yet gently, and it will easily separate; then turn the neck or rump from you and take off the side bones.

In separating the thigh from the drumstick the knife must be inserted exactly at the joint or much difficulty will be experienced. In very young fowls the breast is served whole; the wings and breast are preferred. A very large fowl is often carved like a turkey, which see.

BOILED FOWL.—This is carved the same as roast fowl. The knife should be very sharp, and it should be carved with a sort of drawing cut, instead of using much downward pressure, as the boiled white flesh is apt to crumble.

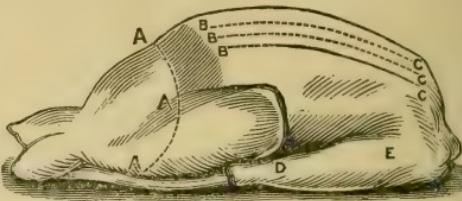
CAPONS.—These when very fine and roasted, should have slices carved from the breast, like a turkey. See our directions for carving a turkey.

ROAST GOOSE.—In carving a goose the first effort should be to



ROAST FOWL.

cut as many slices as possible from the breast, and to do this the meat attached to the wings must be sacrificed. Turn the neck end of the goose towards you, and cut the whole breast in long slices from one wing to the other; see the dotted lines B to C. To separate the legs, turn the goose on its side, and cut with the knife as near to the carcass as possible until stopped by the bone; then raise the leg with the fork and it can be easily separated from the body. To take off the wing, insert the fork in the small end of the pinion and press it close to the body, then put the knife in above and divide the joint. Make an incision at A, A, A, and offer a little of the stuffing to each one.



ROAST GOOSE.

and cut with the knife as near to the carcass as possible until stopped by the bone; then raise the leg with the fork and it can be easily separated from the body. To take off the wing, insert the fork in the small end of the pinion and press it close to the body, then put the knife in above and divide the joint. Make an incision at A, A, A, and offer a little of the stuffing to each one.

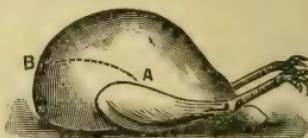
ROAST DUCK.—In carving a duck a good deal depends on its size and fatness. A large duck with plenty of fat on the breast is carved like a goose (which see), first cutting slices off the breast, and then removing the legs and wings. Then remove the neckbone, or merrythought, as it is sometimes called, and then the whole breastbone is separated from the rest by cutting through the sides. The backbone easily divides in two by being pressed downwards. A little stuffing is served with each portion. A small or young duck is carved the same as directed for a fowl.

PARTRIDGE.—The usual way is to place the bird on its back and carry the knife sharply along the breastbone and cut clear through, thus dividing the bird into 2 equal portions. Another way is to cut it into 3 pieces by severing a small wing and leg from the body by following the line A to B, thus making 2 helpings, when the breast will remain for a third.

PIGEONS.—These are usually cut in half, like the partridge, by cutting through the breast and back, and a half is sent to each person.

SNIPE.—One of these is usually sent whole to a gentleman, but for a lady it is generally divided in halves, as explained for a partridge.

Woodcock, Quails, and other Small Birds, are served like snipe, or halved and served on toast.



PARTRIDGE.

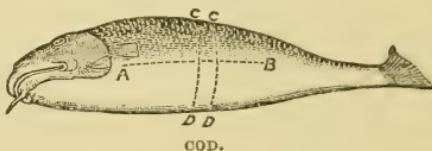
WILD DUCKS.—The breast of these is considered the choice portion, and is divided in slices. If necessary the leg and wing can be taken off as described for roast fowl.

SWEETBREADS, CHOPS, AND CUTLETS.—Serve 1 to each person without dividing it.

POACHED EGGS, QUAILS, AND OTHER MEATS ON TOAST.—Use a broad knife, lift the toast carefully, and without displacing the egg or bird transfer it to the guest's plate

FISH.—More care than knowledge is required in carving fish, as the principal thing is to avoid breaking the flakes. Still the carver should be acquainted with the choicest parts and should aim to give each guest an equal share of the *titbits*. Steel knives and forks should not be used in helping fish as they are liable to impart a very disagreeable flavor to it. Silver plated ones can easily be obtained when the solid silver is considered too expensive, and should be used.

COD.—Whether a codfish is sent to the table whole, or only a part is served, like the head and shoulders, it is best to make 1 cut from the head towards the tail (or *vice versa*) down to the bone, A, B, and then cut slices across from this line to the side c c, d d. When codfish breaks into flakes, which it is very apt to do, they should be lifted with the fish knife, and one or more, according to their size, served to each person. Also serve a piece of the sound, (which is found lining the back, and may be obtained by passing the knife under the backbone) with each help. Give also a piece of the liver, which should be divided into pieces enough to go around. The gelatinous parts about the head and neck are considered a delicacy.



HADDOCK, BASS, BLUEFISH, SMALL SALMON, ETC.—These are carved much the same as cod.

THE TURBOT.—This is carved much like cod, first running the knife lengthwise of the fish, quite to the bone, and then cutting slices to the sides as directed above for cod.

WHITEFISH, MACKEREL, ETC.—Divide the meat from the bones by cutting down the back lengthwise. Remove the head,

tail and backbone, and divide the fish into suitable portions for the guests. The upper part is the best.

Brook Trout and All Small Fish are served whole.

TURBANS AND FILLETS OF FISH.—These, and all small slices of fish, are served without being divided.

MEAT PIES.—In carving and serving meat pies begin by cutting the cover of paste in triangular pieces from the center to the sides. Cut only 2 pieces before taking out and serving the meat. Serve a piece of the crust, and also a little gravy, with each piece of meat.

PLUM PUDDING.—This should be cut in slices from top to bottom, cutting always from the center.

CHEESE.—This should be cut and served in small thick pieces.

THE TABLE AND ITS APPOINTMENTS.

 HE rule in serving meals should be to make them as attractive as possible, and this is equally true whether one lives plainly or enjoys every luxury that can be obtained. The two principal methods of serving meals are known as the French and Russian (or *a la Russe*) methods, the latter being the most common method for formal dinners.

DINNER.

This is the most substantial meal of the day, and should be served in a manner as elegant as the resources of the household will permit. When there are invited guests the number should not exceed twelve people, so that the conversation may be general. For this number the table should be a long one (the extension table commonly used) and drawn out to its greatest length; there should be ample room allowed for each "cover" or place for a guest. The host may sit at one end of the table and the hostess at the other, or if more convenient they can sit opposite each other at the centre of the table. The round table, about five feet in diameter, is suited to a square dining-room, and for small parties, as it gives comfortable room for only 6 or 8 people. Great care should be taken that the covers are not crowded. The round table is better adapted to serving dinner *a la Russe* where all the carving is done at a side table. The object of a dinner party or high tea, is not to make a display of fine table-furniture, or too elaborate cookery, but to promote agreeable social intercourse and conversation among friends. In England the dinner hour is usually at eight o'clock, but in this country seven o'clock is more commonly set for a ceremonious supper or dinner; this gives ample time at the table and afterwards for a social evening with conversation, amusements, and music.

SETTING THE DINNER TABLE.--There is more art than many people imagine in setting a table properly. The table cloth should be laid evenly, with an equal amount falling over at the two ends and sides. A thick baize or canton flannel should be put under the table cloth, because if laid on a bare table, the best table linen

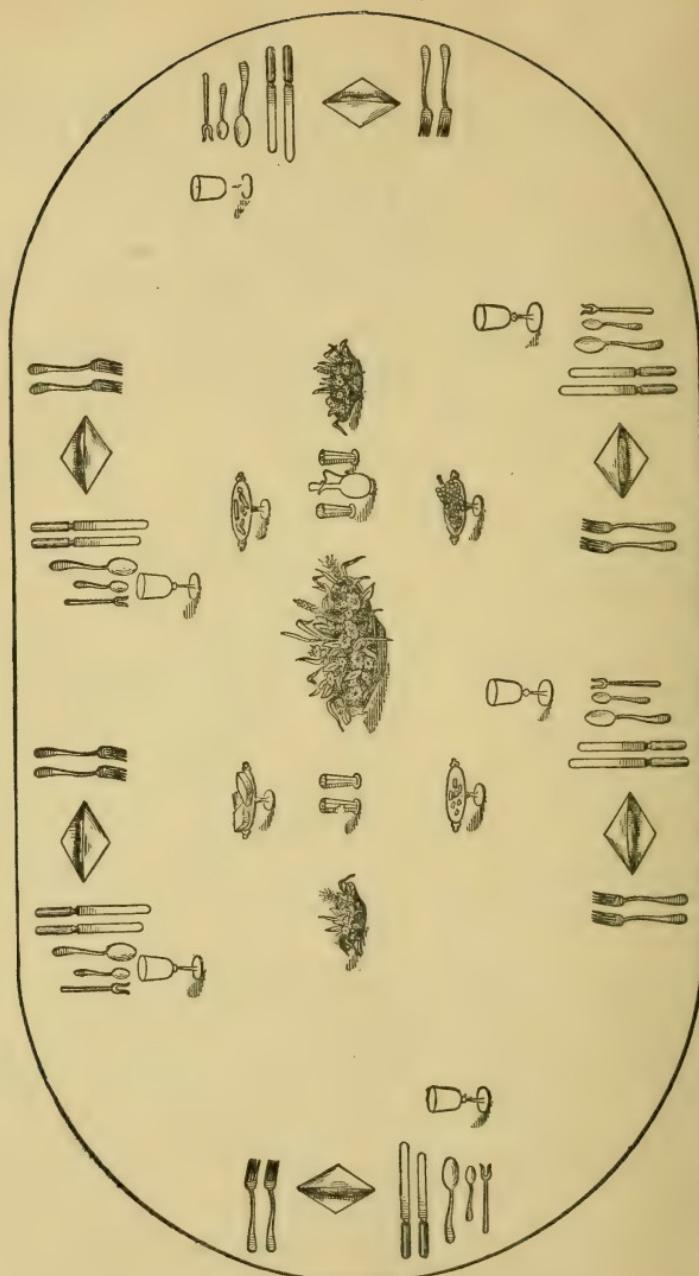


FIG. I. PLAN OF DINNER TABLE.

will look thin and slazy. Nothing but the best white table cloths or napkins should be used for a dinner table.

In Fig. 1 we give an illustration showing how to set a table for a company of 6 where the carving is done by the host, which is the most common American plan. The plates are distributed at each place when it is desired to carve at the sideboard, but otherwise the same general arrangement prevails. We show 2 knives and forks at each plate in this illustration.

The edges of the knives should always be turned towards the plates. Sometimes 3 or more are placed in this way, but 2 is a good rule, and if more are needed they can be brought in as required.

The napkin, folded square, with a piece of bread an inch thick and 3 inches long can be placed on each plate or put on instead of the plate as shown in this illustration. Instead of the individual salt cellars formerly used, salt stands are now placed at each end of the table, together with the pepper stands.

At the right of each plate is arranged a goblet of water, and as many wine glasses as are needed. Those who use wine glasses can add them, but we omit them because this is a temperance work. The water goblet is filled just before dinner is announced.

Neither glasses of any kind nor plates should ever be placed upside down.

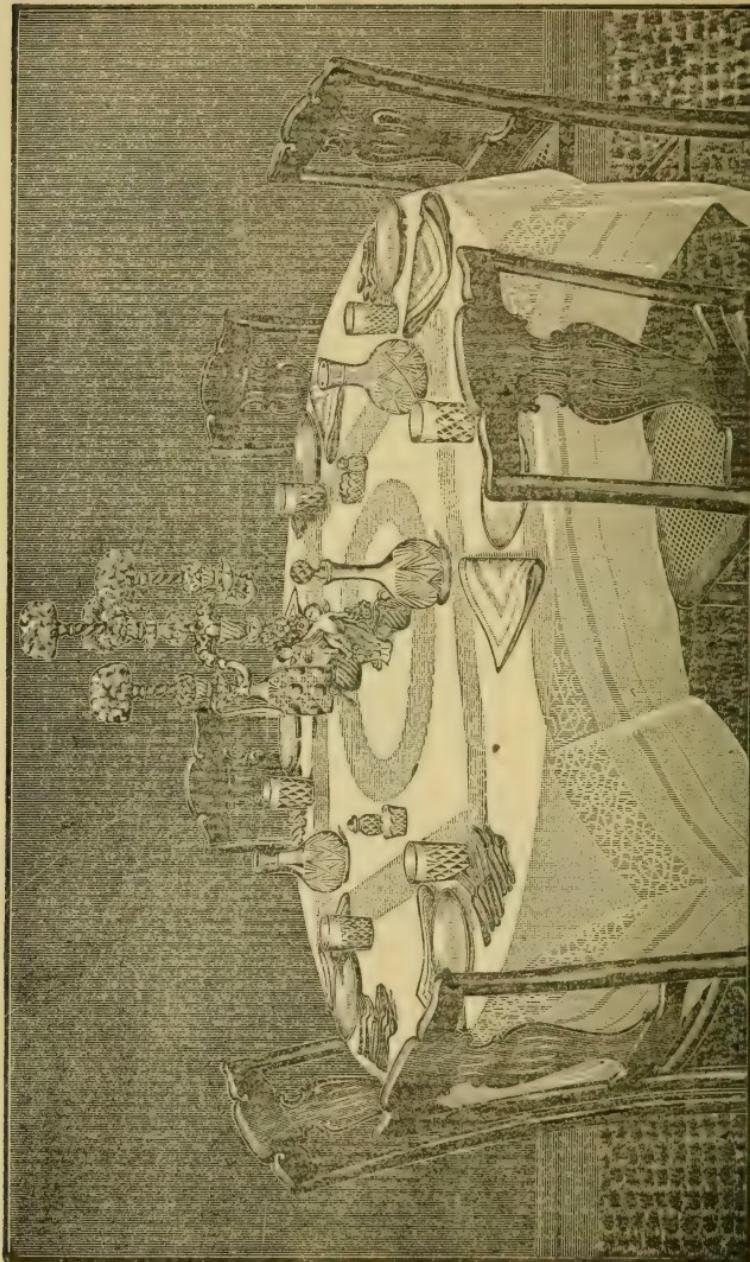
In some families water is served from the sideboard, and in others a water *carafe* for every 2 or 3 persons is placed on the table. At a party a small bouquet would be at the place of each lady, and a button-hole bouquet (called a *boutonnierre*) at that of each gentleman.

The grapes, fruit, nuts, raisins, candies, bon-bons, fancy cakes, etc., (whatever is intended for dessert) are placed in 2 or 4 fancy dishes around the centerpiece—this illustration shows 4.

The butter may be made up in neat balls and placed, with sufficient individual butter plates to supply the company, near the hostess, who will serve it. It is not passed until after the soup dishes are removed. Some families place the butter on the sideboard, and have it served by the servant. We have omitted it from the table in this illustration.

Of course more or less latitude for individual preference is allowed in these matters. In Fig. 2 we show another plan of setting a table as arranged by the well known firm of Marshall Field & Co., of Chicago. In this illustration it will be noticed that there is a tumbler but no wine glasses, because this is a temperance work. Here the dinner plates are on the table, and the knives, forks and spoons are all on the right hand side of the plate, while

FIG. 2. PLAN OF DINNER TABLE.



the napkin is placed on the left hand side, instead of on the plate. This is a very appropriate and tasteful arrangement, and by looking at the two illustrations our readers can see two approved methods of setting the table at the present day.

SERVING THE DINNER.—The first course will be oysters (when they are served) with which comes lemon or vinegar; 5 oysters for each plate are enough. If they are not served, the oyster fork shown in our illustration will of course be omitted in setting the table. When the oysters are eaten the plates are removed, and soup is brought on by the servant who places it, together with the soup plates, before the hostess in the manner shown in the accompanying illustration, Fig. 3. The hostess then ladles out the soup, half a ladleful being enough for each person, and the servant places it before the guest. The ladies are served first by some hostesses, and others serve the guests in rotation.

After the soup comes fish, which is carved by the host. The accompanying illustration, Fig. 4, shows the way in which the servant would place the fish platter, plates, etc., before the host ready to be carved. The servant passes each plate as the host hands it to her, and the servant should always pass the plates in at the left hand side of the guest.

After the fish comes the meat or game which is carved by the host, and passed by the servant in the same way. The vegetables go with the meat, although at very formal dinners they are often made courses by themselves.

The hostess serves the salad. Then the table is brushed and the dessert brought in and placed before the hostess who serves the pastry or pudding. The usual order for dessert is pastry or pudding, ices, fruit, nuts and raisins, and bon bons. Coffee follows the fruit.

The finger bowls come before the fruit, and should be about $\frac{1}{4}$ full of water slightly warmed and perfumed, and a doily is laid between the bowl and plate. The bowl and doily is lifted from the plate by the guest and placed at his left. The fingers should never be wiped on the doily, the napkin being used instead.



FIG. 3.

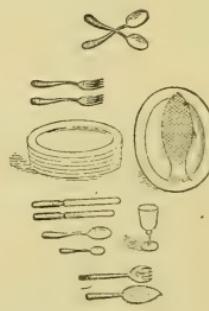
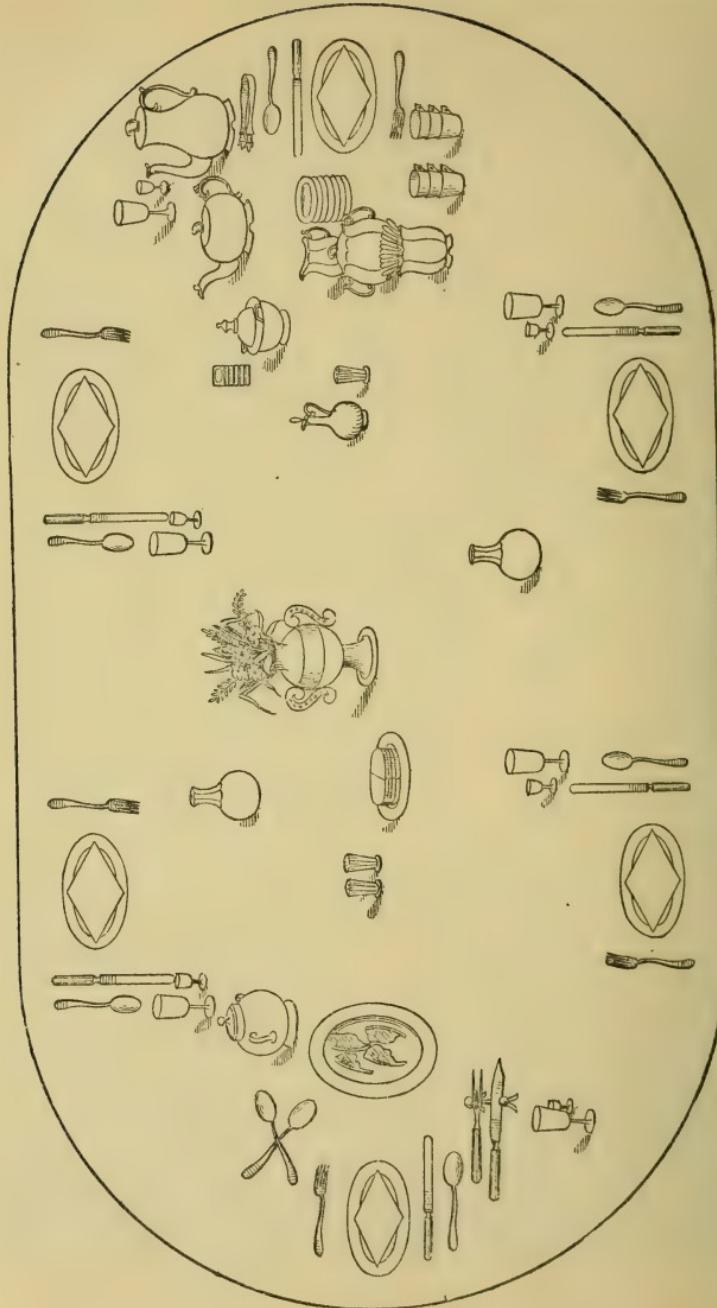


FIG. 4.

FIG. 5. PLAN OF BREAKFAST TABLE.



At the close of the meal, when the hostess sees that all have finished, she looks at the lady seated at the right of the host, and the guests rise, and they retire to the drawing room in the order in which they are seated.

The above described method of serving dinner is appropriate for a family of moderate means with one or two servants. In cases where more expensive establishments are maintained, with many servants, the fish and meat would be carved by the butler, and the different courses would all be served from the sideboard by the servants, instead of being placed on the table as described above and served by the host and hostess.

The ordinary family dinner usually spread by a majority of the people in this country consists of three courses,—viz. soup, meats and vegetables, and a dessert of puddings or pies,—more commonly of only 2 courses, the soup being omitted. When the table is supplied in this way, the meat or meats, with 2 or more vegetables, are placed before the one who serves it and the dessert near some member of the family who serves that. If there is a maid she removes the first set of plates, knives, and forks, with the remainder of the meat and vegetables, takes off the crumbs with a crumb-knife and pan, then places smaller plates with the dessert before the one who serves it, replenishes water glasses, brings tea or coffee if desired, and leaves the room.

THE BREAKFAST TABLE.

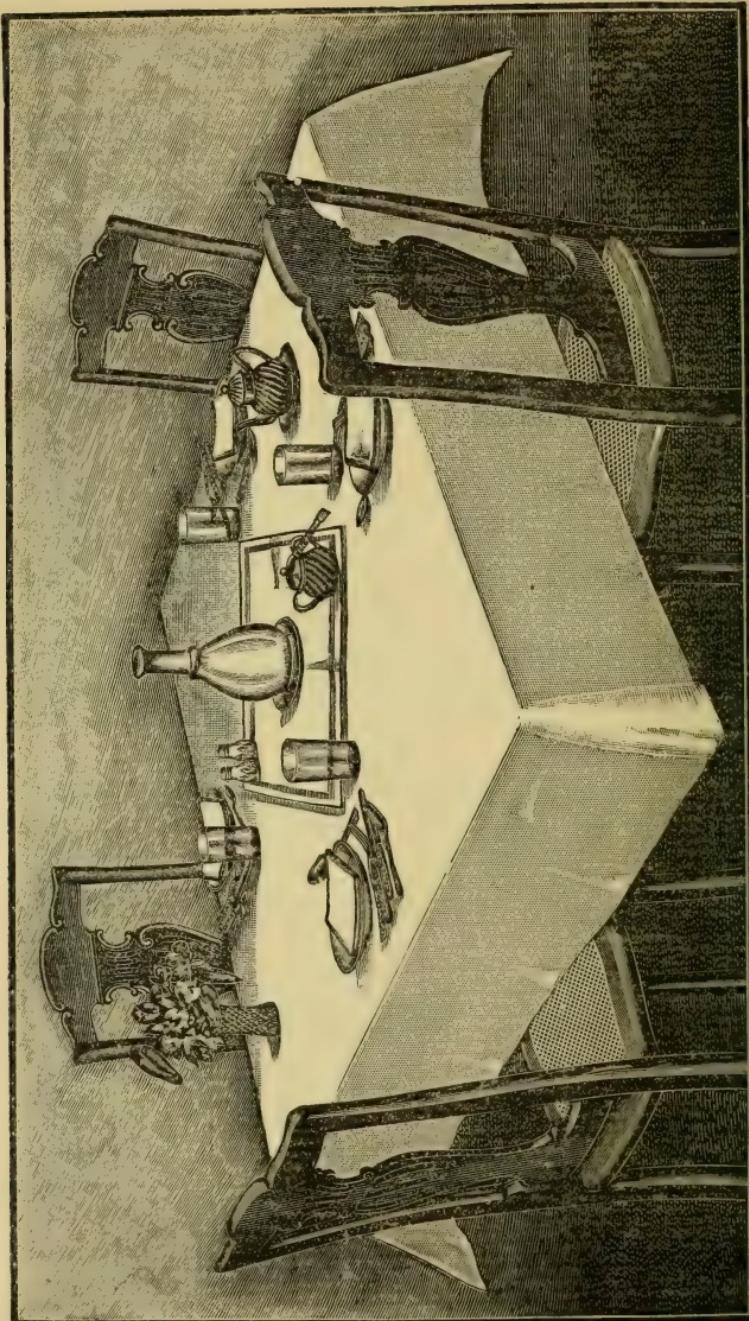
At the dinner table a white table-cloth and napkins should always be used, but at breakfast tinted napery is allowable. A plate, knife, fork, spoon, goblet, egg-cup and neatly folded napkin are set at each place at the table. Our illustration, Fig. 5, shows the manner of arranging them.

The edge of the knife should always be turned towards the plate, and the goblet or egg-cup should never be upside down.

The old individual salt cellars are no longer used, but salt stands are placed by the side of the pepper stands at the ends of the table. The individual butter plates will be placed beside the butter dish and the butter will be served by the hostess or some other member of the family. In many homes at present the butter is kept on the sideboard and served by the servant, but on these points each family must follow its own preference.

Casters are no longer used, being out of date. The pepper stands and vinegar-jug are shown in our cut. The water carafes, shown in this illustration, should be filled with fresh, cold water, just

FIG. 6. PLAN OF BREAKFAST OR LUNCH TABLE.



before breakfast is announced. In some families the water is placed on the sideboard.

Our other illustration, Fig. 6, shows a simple and tasteful plan of arrangement as prepared for us by Marshall Field & Co., of Chicago.

SERVING BREAKFAST.—For breakfast 3 courses are enough at any time. The first course will consist of oatmeal, cracked-wheat or fruit. The second will consist of the substantials—meat, potatoes, etc. For convenience, in Fig. 5 we show the arrangement of the dishes for the second course, with the meat placed before the host at one end of the table, and the coffee service before the hostess at the other end. The third and last course will be the cakes or waffles.

THE LUNCH OR TEA TABLE.

The arrangement of the table for a lunch or supper would be very similar to that for breakfast. The illustrations and directions already given will be a sufficient guide for our readers in arranging almost any ordinary table. For a dinner table nothing but white napery is suitable, but at a luncheon tinted napery may be used if desired, although nothing is more suitable than white. At luncheon the food may all be placed on the table at the beginning, if desired, and those present may help each other.

A FEW HINTS.

In pretentious establishments it is not considered the proper thing to keep the table set all the time, but in modest houses, where the dining room is not used for other purposes, it is a saving of labor to keep the table continually set. After one meal is over, the dishes washed, the table cleared of crumbs and the napery changed if necessary, put everything in place except the food, and cover all with calico or mosquito netting until the next meal is served. This prevents confusion and hurry in placing meals on the table just before time for eating. Calico makes the best covering, as it protects from dust as well as flies.

Where children wait on the table, or servants at a prolonged meal, they should have their dinner before their duties begin; it is cruel to make children, who need their food promptly, wait for it until after a long dinner is served to their elders.

The custom of putting toothpicks on the table is very vulgar, and families of refinement do not allow it.

THE CHAFING DISH.

THE chafing dish is very old, as it was used by the ancient Greeks and Romans, and we find it also in use during the middle ages. Seneca says: "Daintiness gave birth to this invention in order that no viand should be chilled, and that everything should be hot enough to please the most pampered palate. The kitchen follows the supper." It is used at present principally for preparing dishes directly upon the table, for late suppers and for light housekeeping that does not admit of the use of even an oil or gas stove. It is also very convenient in the sick room and in travelling.

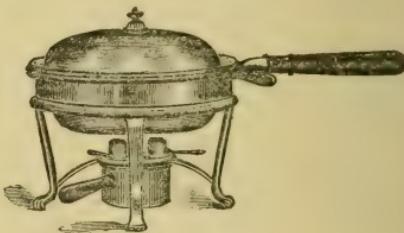
The Chafing Dish consists of 2 dishes one inside the other, on a standard over an alcohol lamp. With but one dish it is called a blazer. When 2 are used the lower one is filled with water and this prevents the food from burning, but it necessitates slow cooking.

Chafing dishes are made of various materials from the tin costing 50 cts. to \$1. to the solid silver costing \$100. or more. The cheaper ones costing from \$2. to \$5. will do as good work as any of the more expensive ones. The best wicks are of asbestos, and the fuel used is alcohol, but wood alcohol answers just as well as high proof spirits, and costs much less. Do not fill the lamp too full. Even the largest dishes will not burn over 5 or 6 cents worth of high proof spirits in an hour, so that their use is not as expensive as many people imagine. They give out practically no heat, so that they can be used with comfort in even the hottest weather. They can be used to advantage by the poor as well as the rich.

The wicks should be perfectly trimmed and so regulated that all the flame comes under the dish, and none of it spreads out and up the sides.

In using the hot water pan see that it contains the right quantity of water—have it about $\frac{1}{2}$ inch deep. Those are the most convenient which have a handle attached to both pans.

If the chafing dish is placed on a large metal tray there will be less danger of fire or of staining the table. Russian bowls and wooden spoons are the best to use. If a meal is prepared without any other fire, two chafing dishes will be an advantage, as part of the food can then be kept hot while the balance is being cooked.



A CHAFING DISH.

It is better to do the preliminary work of preparing the foods in the kitchen rather than in the presence of guests. As soon as the flame is put out put the water-pan, containing hot water, under the blazer; it will keep it warm.

MEATS.

CREAMED COLD MEAT.—Make the "White Sauce" given hereafter; then stir in 2 cups cold meat, cut small, and cook till it is thoroughly heated through. Season and serve. Cold roast beef, mutton, veal, lamb, turkey, chicken or duck is nice this way. If desired for a change 1 or 2 cups of cold boiled potatoes, cut into dice, can be heated with the meat.

Curry stew.—By adding a teaspoon of curry powder to the above a *curry stew* can be made.

DEVILED MEAT.—Make the "Deviled Sauce" given hereafter, and put in cold roast meat cut into pieces; cook till thoroughly heated through and serve. Season more highly if desired. Cold roast beef, mutton, veal, lamb, turkey, chicken or duck are nice thus served.

Lobster can be cooked the same way.

MEAT RE-WARMED.—Into the blazer put 4 teaspoons butter, 2 teaspoons of fruit jelly (currant, grape, or apple) and the juice of half a lemon. Cook and stir till these are blended to form a smooth sauce; then put in slices of cold roast beef, mutton or lamb, add pepper and salt, and cook till they are thoroughly warmed through, turning the pieces frequently. Use a low flame, so as not to scorch the jelly.

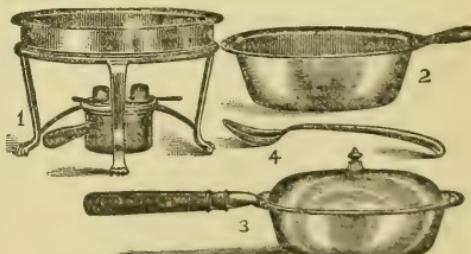
Cold game or fowl may be re-warmed in the same way.

BROILED BEEFSTEAK.—Heat the blazer *very* hot, rub it with butter, and put in the steak; rather thin pieces are best; turn it often, and if it sticks to the pan or scorches, put in more butter. If the blazer is *very hot* it will broil nearly as well as on a gridiron.

Lamb chops (choose small, thin ones) or *veal cutlets* can be broiled the same way.

Venison steak can be broiled the same way. When nearly done a little jelly can be melted and poured over it or the jelly can be served with it.

BEEFSTEAK AND ONIONS.—In the blazer melt 1 tablespoon



1. STAND AND LAMP.
2. HOT WATER PAN.

3. BLAZER OR CHAFING DISH.
4. WOODEN SPOON.

THE CHAFING DISH

butter; when hot put in $\frac{1}{2}$ lb. beefsteak cut into slices about $\frac{1}{2}$ inch thick; cook about 5 minutes, turning so as to cook both sides; then put in 3 teaspoons chopped onions; cook about 5 minutes, season with salt and pepper and serve. A little chopped parsley added last will be an improvement.

DRIED BEEF.—In the blazer put 2 teaspoons butter and 1 cup milk; when hot, put in $\frac{1}{2}$ pint dried beef, chopped fine, and cook till well heated—about 6 minutes; then slowly stir in 2 beaten eggs, and when thick, season with salt and pepper and serve on fried bread or toast. Use both pans with hot water in the lower one.

CALF'S BRAINS, CREAMED.—Prepare, parboil and cut the calf's brains into small pieces as directed on page 136. Make the "White Sauce" given hereafter, put in the prepared brains, cook 3 to 5 minutes, and serve.

CALF'S LIVER AND BACON.—Into the blazer put thin slices of bacon and cook till the fat drains out and then push it one side. Have thin slices of liver ready, sprinkle them with pepper, roll in flour, and fry them till brown and tender in the pork fat, turning frequently. Serve a slice of bacon with each piece of liver if desired.

CHICKEN AND OYSTERS.—Melt 2 tablespoons butter, and add 2 tablespoons of flour, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ saltspoon of pepper; pour on slowly 2 cups cream and then add 2 cups cold boiled chicken, cut into dice, and 2 cups oysters washed and drained; cook until the oysters are plump. Sprinkle with celery which has been chopped fine, and serve on toast.

BROILED SWEETBREADS.—Prepare the sweetbreads as directed on page 139. When the chafing dish is very hot rub it with butter; put in the prepared sweetbreads and broil them a delicate brown; be careful not to let them scorch; add more butter if they stick to the pan; when done add 2 teaspoons butter and when it melts put out the lamp. With each portion of the sweetbread serve a little of the butter.

CREAMED SWEETBREADS.—Make the "White Sauce" given hereafter; then put in the sweetbreads, prepared as directed on page 139; cook about 5 or 6 minutes, and serve.

TRIPE WITH ONIONS.—In the blazer melt 2 tablespoons butter; when hot put in 1 tablespoon sliced onions and cook till brown; then put in 2 cups tripe cut into dice, add 1 cup milk or cream, and cook till heated through. Season with salt and pepper and serve plain or on toast.

SAUCES.

DEVILED SAUCE.—Into the blazer put 1 tablespoon of butter, 1 tablespoon chopped parsley, 2 tablespoons vinegar, 2 onions, chopped fine, and 1 teaspoon mixed mustard; stir constantly, and

cook about 2 minutes after the butter melts; then add 2 teaspoons Worcestershire sauce, and a little salt and cayenne.*

EGG SAUCE.—Use both pans, with hot water in the lower one. In the blazer melt 1 tablespoon of butter; add 3 heaping teaspoons of flour and a little water; stir constantly as it cooks, and as it thickens, thin with milk or cream (about $\frac{1}{2}$ cup) until of the right consistency; when done let it boil a minute, and add 3 hard boiled eggs cut into dice. Be careful not to burn the sauce.

SAUCE PIQUANTE.—Into the blazer put 2 teaspoons butter, 2 teaspoons tarragon vinegar, 2 teaspoons of either cucumber, walnut, or tomato catsup, $\frac{1}{2}$ a small onion finely minced, $\frac{1}{2}$ teaspoon salt, a pinch of cayenne; let all boil together 3 or 4 minutes. Use both pans, with hot water in the lower one.

WHITE SAUCE.—In the blazer melt 2 tablespoons butter; add 1 tablespoon of flour and stir constantly to keep it free from lumps; when these bubble put in 1 cup milk and stir till it thickens. Season with salt and pepper. If desired, for additional flavor, add lemon juice or onion. Use both pans, having boiling water in the lower one.

FISH AND SHELL-FISH.

CREAMED FISH.—Take 1 can salmon, turn it on a platter, take out all pieces of skin and bone and pick it well to pieces; drain, and let it stand 2 or 3 hours to aerate. Make the "White Sauce" previously given; add the salmon and stir constantly until well heated through; then add a little lemon juice and serve.

In the same way any other kind of fish can be cooked.

CREAMED SALT COD.—Shred it well, put it in a colander and pour on boiling water 2 or 3 times. Prepare the "White Sauce" previously given; when hot put in 1 pint of the fish; when it is well heated add 1 cup cream; let it get hot and serve.

FISH WITH SAUCE PIQUANTE.—Prepare the "Sauce Piquante" as previously directed; when hot, put in 2 cups cold flaked fish; and cook it till thoroughly heated through, turning it often so that the sauce may permeate it well.

HALIBUT STEAKS.—Have the steaks 3 or 4 inches square and about $\frac{3}{4}$ inch thick. Sprinkle on salt and pepper, dip in beaten egg and roll in flour. Put 4 teaspoons butter in the blazer and when smoking hot put in the fish and fry it nicely. Garnish with slices of lemon, or sprinkle on lemon juice.

SARDINES.—Free them from oil by letting them drain on paper, and scrape off the skin carefully. Choose those which are boneless. In the chafing dish melt 2 teaspoons butter; when hot put in the sardines and cook them carefully, turning them once to cook

*NOTE.—For chafing dish cookery, paprica (which is a kind of red pepper) can be used in place of cayenne, and many prefer it.

both sides. When done, season with salt and pepper, sprinkle on a little lemon juice, and serve on toast.

BROOK TROUT.—Dress the trout and dip them in beaten egg seasoned with salt and pepper and roll them in flour; put 4 teaspoons butter in the blazer and when it is smoking hot put in the trout and cook till done. Time about 5 or 6 minutes. If desired, a little parsley can be fried with them. They can be fried the same way in olive oil if preferred.

BOILED WHITE FISH.—Into the blazer put a slice of white fish nearly large enough to cover the bottom; pour on enough hot water to cover it, add 1 tablespoon vinegar and $\frac{1}{2}$ teaspoon salt, and boil till done. Time, about 10 minutes. When served, pour on melted butter and sprinkle on chopped parsley.

BROILED OYSTERS.—Rub butter on the bottom of the chafing dish and when hot put in large, plump oysters; when one side is done turn and cook the other. Watch carefully or they will scorch, as they quickly brown. Add more butter if they stick to the bottom. Serve at once when done.

DEVILED OYSTERS.—In the blazer mix 1 teaspoon Worcestershire sauce, 2 teaspoons melted butter, $\frac{1}{2}$ teaspoon each of curry powder and salt, and a pinch of cayenne; as it heats put in 1 cup oyster liquor, and when it boils put in the oysters; cook them till plump, turning them 2 or 3 times, and serve at once.

FRIED OYSTERS.—Drain large oysters, sprinkle on pepper and salt, and roll in cracker crumbs. Into the blazer put 3 tablespoons butter, and when hot put in the oysters; when one side is done turn and cook the other; lift out with a fork. Serve slices of lemon with them, or squeeze on a little lemon juice.

OYSTERS IN THEIR SHELLS.—Put oysters in their shells into the chafing dish (first cleaning the shells thoroughly) and steam them till the shells will open. Time, $\frac{1}{4}$ to $\frac{1}{2}$ hour. Then take off the upper shell, add pepper, salt and butter to season, and serve at once in the lower shell. Squeeze on lemon juice or serve with slices of lemon.

PANNED OYSTERS.—In the blazer melt 4 teaspoons of butter; when hot, put in some good sized oysters; when the edges curl season with salt, pepper, and a very little lemon juice. Serve on toast.

STEWED OYSTERS.—In the blazer melt 2 teaspoons butter; then stir in 2 teaspoons flour and add 2 cups oyster liquor; when it boils put in the oysters and cook till the edges curl. Season with pepper, salt, a dash of nutmeg and lemon juice, and serve.

CREAMED CLAMS.—Into the blazer put 2 teaspoons butter and the same of flour; add 2 cups cream and stir and cook till it makes a smooth sauce; then put in 2 cups soft shell clams and cook till plump; stir in the beaten yolks of 2 eggs and cook 1 or 2 min-

utes. Add a little lemon juice and serve. Use both pans, with hot water in the lower one.

HARD SHELL CRABS.—Into the blazer put 1 tablespoon butter; when smoking hot put in the crabs and fry them nicely. Add salt, pepper and a little lemon juice, and serve.

OYSTER CRABS.—In the blazer melt 2 teaspoons butter; when hot put in the crabs. *Time to cook*, about 2 or 3 minutes. Add pepper, salt and a little lemon juice and serve.

DEVILED SOFT SHELL CRABS.—Take 2 teaspoons butter, 1 teaspoon each made mustard and curry powder, 1 saltspoon of salt and $\frac{1}{2}$ teaspoon Worcestershire sauce; rub it to a smooth paste in the butter, and spread each crab with it. In the blazer melt a little butter; when smoking hot put in the prepared crabs and fry them nicely.

Lobster meat, (it should be in large pieces), can be prepared the same way.

SOFT SHELL CRABS.—Remove the feathery substance under the sides of the shell, rinse them in cold water, drain, sprinkle with pepper and salt, and dredge with flour. In the blazer melt 5 or 6 teaspoons of butter; when smoking hot put in the crabs and fry brown on both sides. *Time to cook* about 9 minutes. Select small crabs and have them fresh.

CREAMED SCALLOPS.—Parboil 2 cups of scallops about 6 minutes in boiling water, and drain. In the blazer melt 4 teaspoons butter; stir in 2 teaspoons flour and 2 cups milk and cook till smooth; then put in the scallops. *Time to cook*, about 4 to 6 minutes. Season with pepper and salt and serve.

FRIED SCALLOPS.—Parboil the scallops about 5 minutes in boiling water; drain, dry, sprinkle on salt and pepper and roll them in cracker crumbs or flour. Melt 2 tablespoons butter in the blazer; when hot, put in the scallops and fry them a delicate brown.

CREAMED SHRIMPS.—Make the "White Sauce" previously given; put in the shrimps and simmer until they are heated through, and serve.

STEWED SHRIMPS.—Into the blazer put 2 tablespoons of butter; when bubbling hot put in the shrimps; as soon as they are thoroughly heated put in 1 cup boiling water and cook about a minute; then add salt, pepper and a little lemon juice and serve. The canned shrimps can be used nearly as well as the fresh, but rinse them in cold water before they are cooked.

FRIED SMELETS.—Into the blazer, over the hot water pan, put 2 tablespoons butter; when hot put in a little lemon juice and then the smelts; cook on one side, then turn and cook the other. Season with salt and pepper and serve. A little chopped parsley added will be an improvement.

CREAMED LOBSTER.—Into the blazer, (be sure and have the hot water dish under it), put 2 teaspoons butter, 2 heaping teaspoons flour, 1 cup milk and 1 cup cream; cook till it makes a smooth sauce; then put in 2 cups lobster, 1 teaspoon salt and a dash of cayenne; stir until the lobster is thoroughly heated through; then put in another cup of cream and leave just long enough to heat it well. Add a little lemon juice and serve.

DEVILED LOBSTER.—Into the blazer put 2 large teaspoons butter, 1 saltspoon each of salt and dry mustard, and a pinch of cayenne; when hot put in the meat of 2 small or 1 large lobster and stir briskly till it is thoroughly heated; then add a little lemon juice and serve.

FRIED LOBSTER.—In the blazer melt 2 teaspoons butter; when smoking hot put in 2 cups fresh lobster meat cut into small pieces; stir briskly and it will be done as soon as it is thoroughly hot. Add salt, a pinch of cayenne and a little lemon juice. A can of lobster can be used instead, but have the can opened and the lobster turned out and allowed to aerate 2 or 3 hours before being used, and cut the meat into small pieces.

FROGS' LEGS.—Skin and put them for 3 minutes in boiling salted water containing a little vinegar; lift out, pour on cold water, dry them, add salt and pepper and roll in flour. Put 4 teaspoons butter in the chafing dish and when smoking hot put in the frogs' legs and fry them a delicate brown. Sprinkle on chopped parsley, if convenient, and serve. Or the white sauce previously given can be made in the lower pan, and the fried frogs' legs served in it.

EGGS.

BOILED EGGS.—Have the water boiling, put in the eggs and leave 1 minute; put out the lamp, leave on the cover, and leave the eggs in 5 or 6 minutes.

EGG AND ANCHOVY TOAST.—Take 5 eggs, beat barely enough to mingle the yolks and whites, add $\frac{1}{2}$ cup milk or cream, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ saltspoon pepper. Put 1 heaping tablespoon of butter into the blazer, and when melted add the egg mixture and stir until the egg is firm. Spread slices of toast with anchovy past, arrange them on a platter, and pour over the egg.

CREAMED EGGS.—Heat together in the blazer 1 cup cream and 1 cup veal or chicken stock; add 5 eggs beaten together, stir until thick, season with salt and pepper and serve.

CUPPED EGGS.—Have boiling water in the water pan, set 2 or 3 cups into it and when they are hot, break a couple of eggs into each one; cook 3 to 5 minutes with the cover on, season with pepper and salt and serve. This makes a delicate dish for invalids also.

CURRIED EGGS.—Make a sauce with 2 tablespoons of butter, the same of flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon curry powder, 1 saltspoon pepper and $\frac{2}{3}$ cups milk; cook till smooth, stirring constantly.

Pour it over 7 hard boiled eggs, cut into eighths, lengthwise, and serve.

FRIED EGGS.—Melt in the blazer 4 teaspoons butter; when hot, break in the eggs, one at a time; turn them over and cook the other side as soon as they set; season with pepper and salt, and serve.

OMELETS.—Beat together 4 eggs, add 1 scant cup milk, $\frac{1}{2}$ teaspoon salt and a dash of pepper; melt 4 teaspoons butter in the blazer, turn in the egg mixture and cook till set. To prevent its sticking slip a knife under the edge occasionally. When done, double it together carefully and serve. In cooking omelets it is best to use both pans, having boiling water in the lower one.

Any kind of omelet can be made in this way by adding, before folding it, cheese, oysters, tomatoes, jelly, orange, mushrooms, or whatever one has on hand or desires to use.

SCRAMBLED EGGS.—In the blazer melt 1 tablespoon of butter; turn in $\frac{1}{2}$ doz. eggs, beaten barely enough to mix the yolks and whites; stir constantly till thick and smooth; season with salt and pepper and serve.

EGGS ON TOAST.—In the blazer melt 1 tablespoon butter; add 4 beaten eggs, 4 teaspoons cream, $\frac{1}{2}$ teaspoon salt, and a little black and red pepper; stir till smooth, pour it on toast or crackers and serve.

VEGETABLES.

ASPARAGUS.—(1) Boil stocks of asparagus in slightly salted water till tender. *Time*, about $\frac{1}{2}$ hour. Drain, season, and serve either with melted butter or the "White Sauce" previously given. (2) If canned asparagus is used wash it in cold water and drain; cook it in slightly salted water till heated through, drain, and serve the same way.

CANNED LIMA BEANS.—Wash 1 can lima beans in cold water and drain; melt 2 tablespoons butter in the blazer, put in the beans, cook till thoroughly heated through, season to taste and serve.

String Beans can be cooked the same way, but they take longer to cook than lima beans and are not so delicate.

CANNED CORN.—In the blazer melt 2 tablespoons butter; put in 1 can sweet corn, cook till thoroughly heated, season with pepper and salt and serve.

SUCCOTASH.—In the blazer melt 2 tablespoons of butter. Wash 1 can lima beans in cold water, drain, and put them into the blazer; add 1 can of corn and cook, stirring constantly, until they are thoroughly heated through. Season with pepper and salt and serve.

FRIED ONIONS.—In the blazer melt 2 tablespoons of butter; when hot, put in onions which have been peeled and cut into strips

and cook till tender. *Time*, about 10 to 15 minutes. Season with salt and pepper and serve. Be careful that they do not burn.

BRAISED MUSHROOMS.—In the blazer melt 2 tablespoons butter. Have mushrooms ready which have been washed and peeled, and when the butter is hot put them in, top down, and cook. *Time*, about $\frac{1}{2}$ hour. Add pepper and salt to season, and serve plain or on toast, pouring over them the juice they were cooked in. Sprinkling on a little chopped parsley will be an improvement.

CANNED GREEN PEAS.—In the chafing dish melt 4 teaspoons butter; turn in 1 can of peas and stir continually until they are thoroughly heated. Season to taste and serve. It will toughen them if cooked too long.

FRESH GREEN PEAS.—Have $\frac{1}{2}$ pint boiling water in the chafing dish, and turn in 2 cups fresh young peas and boil till tender; then stir in two teaspoons butter, season with salt and pepper and serve. A little sugar will be an improvement, and cream if you have it.

BOILED POTATOES.—Put into the chafing dish thinly sliced potatoes, add enough boiling water to cover them, add a little salt, and boil till done. *Time*, about 20 minutes. Then drain, season with butter and salt and serve. Watch them while cooking and do not let them stick to the bottom of the pan.

For Creamed Potatoes (1) boil as above, then drain and add milk or cream, bring it to a boil, add seasoning to taste and serve.

Or (2) in the blazer melt 4 teaspoons butter and add 1 cup milk; when warm put in cold boiled potatoes, cut into dice, and cook till heated through; then stir in 2 teaspoons flour mixed with a little cold milk; as soon as it thickens add pepper and salt to season, and serve. Use both pans, with hot water in the lower one.

LYONNAISE POTATOES.—In the blazer melt 4 teaspoons butter or dripping; when hot fry in it a small onion, sliced thin; then add cold boiled potatoes, also sliced, and fry them. Leave out the onions if they are not liked. Sprinkle on finely minced parsley before serving, if convenient.

FRIED POTATOES.—In the chafing dish melt 4 teaspoons butter or chicken fat; when bubbling hot put in thinly sliced new potatoes, cook to a light brown, and serve.

FRIED SWEET POTATOES.—In the blazer melt 2 tablespoons butter; when hot put in thin slices of cold boiled sweet potatoes; turn often and cook till thoroughly heated through. Season to taste and serve.

DEVILED TOMATOES.—Cream 2 tablespoons butter, add 1 teaspoon powdered sugar, 1 teaspoon mustard, 1 saltspoon salt, and $\frac{1}{4}$ saltspoon pepper. Mash the yolk of 1 hard boiled egg, add 1 raw egg beaten slightly, and $1\frac{1}{2}$ tablespoons hot vinegar; cook until it thickens. Remove the skins from 3 tomatoes, cut them into thick slices, season with salt and pepper, dredge with flour and fry in but-

ter. Pour the sauce over the tomatoes and serve. Firm canned tomatoes can be used if more convenient.

FRIED TOMATOES.—Excellent with cold meat. Into the chafing dish put 4 teaspoons butter; when melted put in thick slices of raw tomatoes and cook till tender, turning frequently; season with salt and pepper and serve.

CREAMED TOMATOES.—Fry and season 6 raw tomatoes as above directed; when tender, stir in 1 cup rich milk or cream in which two heaping teaspoons of flour have been stirred; cook until it thickens, stirring constantly. Serve at once.

CHEESE AND PANCAKES.

CHEESE FONDU.—In the blazer melt 2 teaspoons butter; then add $\frac{1}{2}$ pint milk, 1 pint grated cheese, $\frac{1}{2}$ pint fresh bread crumbs, $\frac{1}{2}$ teaspoon of salt, a little pepper and a pinch of soda; cook till smooth. Time, about 5 or 6 minutes. Then stir in slowly 2 beaten eggs, cook 2 or 3 minutes and serve. Use both pans, with hot water in the lower one. Have everything ready before beginning to cook them.

CHEESE WITH EGGS.—Beat 5 eggs light, add 5 heaping teaspoons of very *dry*, grated cheese, $\frac{1}{2}$ teaspoon salt and a pinch of cayenne. Melt 1 tablespoon butter in the blazer, add the egg mixture and cook till thick, stirring constantly. Pour it on toast or crackers and serve.

ENGLISH MONKEY.—Soak 1 cup stale bread crumbs in 1 cup milk $\frac{1}{4}$ hour. Into the chafing dish put 1 heaping teaspoon butter, add $\frac{1}{2}$ cup soft cream cheese cut fine, and stir until melted. Add the crumbs, with 1 beaten egg, $\frac{1}{2}$ teaspoon salt, and a pinch of cayenne; cook 3 minutes, pour it on to toasted crackers and serve.

WELSH RAREBIT.—Into the blazer put 1 tablespoon butter and when melted add $\frac{1}{2}$ lb. cheese cut fine, 1 saltspoon salt and $\frac{1}{4}$ saltspoon of cayenne. When creamy, add gradually $\frac{1}{2}$ cup cream and the beaten yolks of 2 eggs; pour it over thin crackers or wafers and serve.

PANCAKES.—Take 3 beaten eggs, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ pint milk, 1 teaspoon sugar and $\frac{1}{2}$ teaspoon salt; thoroughly mix all till smooth. In the blazer melt 1 teaspoon butter and when hot turn in a little of the batter; when done on one side turn and brown the other. Serve sprinkled with sugar or jelly.

MEDICAL HINTS.

SIMPLE remedies for accidents and common diseases are most suitable for use in ordinary families, and simple things are often the best. The following list of simple and effectual remedies which are well adapted for home use will be found of great value in any family, and will save our readers many doctor's bills as well as much pain and suffering often, and possibly may even save a life.

TO TAKE A PILL.—Drop it under the tongue and take a swallow of water at once. Disagreeable pills can be taken in this way without tasting them. A well corked bottle is better than a box to keep pills in.

Powders can be best taken mixed in jam, syrup, honey or milk.

TO REMOVE THE TASTE OF NAUSEOUS MEDICINES FROM THE MOUTH.—Chew a piece of bread and then spit it out.

ACIDITY OF THE STOMACH.—Lime-water taken after each meal in doses of 1 to 2 oz. is excellent. Or (2) take one teaspoon of calcined magnesia in a wineglass of water. Or (3) eating a small quantity of dry rice will often correct it. (4) Relief will generally result from taking 10 grains of burnt carbonate of magnesia, 1 grain of powdered rhubarb and 1 grain of ginger in a little warm water 2 or 3 times a day.

ASTHMA.—Dissolve in water all the saltpetre it will hold; dip blotting paper in this solution, and roll strips of it in the form of cones or cigars. When dry, burn them, letting the patient inhale the fumes. It often affords quick relief. Or (2) smoking the leaves of thorn-apple or jimpson weed, at the commencement of the attack, acts like magic with many people.

BITES OF SNAKES.—Check the circulation of the blood by tying a handkerchief, rope or something else, around the limb between the wound and the heart. At the same time suck the wound as hard as possible to draw out the poison, spitting out the blood at once. Also give whiskey, brandy or other liquor, a gill at a time, until intoxication occurs. It is surprising how much liquor will be needed, but persevere until intoxication results. This is one of the few things that whiskey is good for.

BLISTERS.—Keep them from breaking if possible. To puncture them and draw off the fluid inside is a mistake. Bathe them in warm water, and cover with court plaster, or if very severe apply salve and then bind on a soft rag.

BOILS.—Bind on a slice of ripe tomato; change frequently and burn the old slices. It affords speedy relief, is cool, soothing and

hastens the cure. (2) The skin peeled off of a boiled egg, moistened and applied, will draw off the matter in a few hours.

If the tips of the fingers are wet with spirits of camphor or tincture of arnica and gently rubbed on the surface every 3 or 4 hours, followed later by olive oil, it will prevent a boil from coming to a head.

BLACK EYE.—Apply at once whiskey, brandy or spirits of wine. Never apply cold water, except a little at first, but apply a cloth wrung out of hot water—as hot as it can be borne.

BRUISES.—Treat first same as directed above for "Black Eye." Later rub with hamamelis, or apply lard or butter.

BUNIONS.—These are caused by ill-fitting shoes. To cure them, first get shoes which fit properly. If they are much irritated apply warm fomentations and bathe with arnica. If, on their first appearance, the shoes are attended to and oxide of sulphur ointment is applied to the bunion each night, they are easily checked and prevented from becoming serious.

BURNS AND SCALDS.—For slight burns apply a paste made by mixing common baking soda with a little water; then dust on dry soda and bind on a light bandage. It affords almost immediate relief and stops the pain. Borax may be used instead, if more convenient.

Burns by alkalies, like caustic potash, strong ammonia, soda, etc., should first have a dilute acid applied, like vinegar or lemon juice. The acid at once neutralizes the alkali; then treat the spot like any other burn.

Burns from acids, like muriatic acid, oil of vitriol, etc., should have an alkali, like ammonia, soda or lime-water, applied at once to neutralize the acid. If these are not available, pouring on water dilutes the acid; or put on moist earth, which contains sufficient alkali to dilute the acid. Afterwards treat like other burns.

CANKERED SORE MOUTH AND THROAT.—Pulverize burnt alum and add equal amounts of sulphur and sugar; keep in a wide-mouthed bottle. Put a little on the sore spots and let it dissolve slowly. For the throat put it on the back of the tongue.

CATARRH OR COLD.—A teaspoon of warm honey taken every 15 to 30 minutes affords great relief to colds and catarrh. A little can be kept in every house, and some taken at once on taking cold. (2) If, *at the start*, camphor is inhaled, or a little put on a lump of sugar and eaten, a cold can be broken up. (3) Inhaling aromatic spirits of ammonia will also often cure a catarrhal cold.

CHAPS.—The best preventive is perfect *dryness*, especially before going into the open air. To produce dryness, after washing and wiping, rub on cornmeal or chalk; then warm. An excellent application for chaps is glycerine 1 oz.; chalk 2 oz.; milk 5 oz.; mix and rub on. Vaseline or petroleum jelly is also good.

CHILBLAINS.—These are usually caused by abrupt transitions from cold to heat. Do not warm very cold feet at the fire at once,

but bathe them first in cold water. When chilblains appear rub them with a lotion made of 1 oz. of iodine in 3 oz. rectified spirits of wine; apply with a brush not more than once a day. Apply tincture of myrrh in water to broken or ulcerated chilblains. Protect inflamed chilblains from the friction of boots and shoes.

CHOKING.—(1) A marble or similar article in a child's throat may be dislodged by turning him heels upwards and shaking him. (2) Simple cases of choking are often relieved by merely striking on the back between the shoulders. (3) A hair-pin quickly straightened and bent at one end in the shape of a hook will sometimes serve to extract food, etc. (4) For a fish-bone or other substance in the throat at once insert a finger and press upon the root of the tongue so as to induce vomiting. If this fails let the patient swallow a piece of soft bread. Send for a physician at once. Repeatedly sucking lemons will help to dissolve a bone.

CHOLERA INFANTUM.—A teaspoon of milk and lime-water may be given every 20 or 30 minutes. It should be given cold. Lime-water may be given alone if the stomach will not tolerate the milk. In grave cases a few drops of brandy may be added.

CHOLERA MORBUS.—Give pulverized chalk in tablespoon doses. Apply to the stomach flannel cloths wrung out of hot water and sprinkled with turpentine, changing them as fast as they cool; or apply tincture of cayenne or other stimulating application. The remedy given elsewhere for "Diarrhea" (which see) is also excellent.

COLD SORES.—These may often be prevented from developing by applying spirits of camphor on their first appearance. Cold cream (see page 885) is also a good application for them.

COLIC.—A teaspoon each of salt and finely pulverized black pepper in a glass of cold water will almost always give relief. Then give a dose of rhubarb. Also applying hot cloths to the abdomen, and giving warm water injections are useful.

CORNS.—These are caused by the friction of ill-fitting shoes. *Hard corns* may be killed by binding on at night a piece of lemon, half a cranberry, or some cracker crumbs soaked in strong vinegar; leave on all night and pare off the corn in the morning. Apply 2 or 3 times if needed.

For *soft corns* trim off the thicker skin with scissors, apply carbonized vaseline, and wear a little cotton batting between the toes, changing it often.

COUGH MIXTURE.—(1) Melt together equal amounts of horehound and rock candy, add an equal amount of glycerine, and flavor it with lemon extract. Take one teaspoonful at a time, as often as desired. Or (2) take juice of 2 lemons, 1 oz. honey, 1 oz. cod liver oil; mix thoroughly and after every fit of coughing take 1 teaspoon. Or (3) take 2 cups sugar, 1 cup vinegar, $\frac{1}{2}$ cup honey, 1 cup boiling water; boil $\frac{1}{2}$ hour; then add 5 cents worth of paregoric.

CRAMP.—Wind a band, like a cord or garter, about the affected part, and tie it tightly by giving a sharp pull on the ends; it will hurt a little, but the cramp will disappear. Active friction with the hand is also often effective.

CROUP.—(1) Cut an onion in two and put a little sugar on one half; it will dissolve almost immediately. Then scoop up a little of the sweetened juice in a teaspoon and give it to the child. It will give almost instant relief. Or (2) produce vomiting by giving one teaspoon of alum sweetened with two teaspoons of sugar, syrup or molasses. It gives immediate relief. Then saturate a cloth with turpentine and apply it to the throat and chest, covering it with a dry cloth.

CUTS AND WOUNDS.—The pain from common wounds may be quite speedily relieved by burning woolen cloth on a shovel of live coals and holding the injured part in the smoke for 15 or 20 minutes. The smoke from common brown sugar burned on coals in the same way is also good. These simple remedies often act like a charm, relieving the pain and hastening the cure. Then apply carbolized vaseline, or wrap it up in a cloth wet with dilute carbolic acid.

DIARRHEA AND DYSENTERY.—Take $\frac{1}{2}$ oz. tincture of rhubarb; $\frac{1}{2}$ oz. spirits of camphor; $\frac{1}{2}$ oz. of laudanum; $\frac{1}{2}$ oz. peppermint; $\frac{1}{2}$ oz. tincture of cayenne pepper; mix. Dose for an adult 15 to 30 drops in a little water after each passage, according to age and the violence of the attack. In case of active dysentery repeat the dose every 15 or 20 minutes until relief is obtained. Dose for a child 5 to 15 drops, according to its age. Probably the best and surest remedy. (This is sometimes called "The Sun Cholera Mixture.")

DIPHTHERIA.—Dissolve a tablespoon of flower of sulphur in a tumbler of water and gargle the throat with it frequently, swallowing a little each time. Snuff the mixture up the nose also if the patches extend there. If the patient cannot gargle, blow some flower of sulphur through a clay pipe into the throat. Slake a lump of lime in the room and get the patient to inhale the fumes; or burn pitch on hot coals on a shovel and inhale the smoke. It dissolves the membrane. Give nourishing food like beef tea thickened with a little rice, eggs beaten up in milk, sago or arrowroot mixed with port or sherry, etc. It is not a disease to trifle with, so get the best medical advice attainable.

DIPHTHERITIC SORE THROAT, CURE FOR.—Take a ripe pine-apple, squeeze out the juice and give it to the patient. It affords much relief.

EARACHE.—Pouring a few drops of laudanum into the ear (warm it by putting the bottle containing it into a vessel of hot water) and then covering it with cotton usually gives immediate relief.

INSECT IN THE EAR.—Pour in a little glycerine or sweet or olive oil, whichever is most convenient. This kills the insect, and it is easily removed later by a physician.

EMETICS.—To take a teaspoonful to a tablespoonful of powdered alum is a speedy emetic. Or from 1 to 2 tablespoonfuls of salt taken in a cup of hot water will usually cause vomiting. If a stronger emetic is needed, taking from 1 scruple to $\frac{1}{2}$ a drachm of sulphate of zinc in 1 pint of warm water will rarely fail.

FOR SORE AND INFLAMED EYES.—(1) Take 2 grains sulphate of zinc; 2 grains of hydrastis; 1 oz. rosewater; mix. Put 2 or 3 drops of this in the inflamed eye every few hours. Dilute it with a little rain water if too strong. Dilute it also for children. (2) For weak eyes take 3 grains sulphate of zinc; 10 drops tincture of opium; 2 oz. water. Mix and apply 3 or 4 times a day.

For inflamed eyelids the white of an egg beaten to a froth, with 2 tablespoons of rosewater, is a good lotion.

FOREIGN SUBSTANCES IN THE EYE.—(1) A spec of dirt will often be washed out by the flow of tears which follows; or put the eye into cold water and wink and roll the eyeball until the spec is washed out. (2) Lift out the upper eyelid with the fingers, draw it down over the lower lid and release it. Any substance adhering to the upper lid will thus be rubbed off by the lower one. (3) Put 1 or 2 grains of flaxseed into the eye and leave them several hours, or over night. It can be done without harm or pain. They will form a glutinous substance about any foreign body and it will then wash out. This plan is simple and usually effective.

Fainting.—The simplest and most effective treatment is to at once lower the head and lift the body so that the head hangs down; the blood then rushes to the head and consciousness returns.

FATIGUE.—Ladies who are tired from the labors of their house-work will find a marked relief if they will lie down for 5 or 10 minutes and spread over the face a cloth wrung out of hot water. It will brighten the eyes and smooth out the tired lines.

FELON.—Mix common rock salt and turpentine in equal parts, spread it on a cloth and bind it on the felon, renewing it as fast as it dries. In about 24 hours it will abort the felon. Or (2) make a salve by mixing good soft soap and cornmeal or flaxseed meal; put this on cloth and wrap it around the finger; renew it every 10 or 12 hours. If applied in time it will abort the felon; if not, it will bring it to a small head which is easily pricked.

FROSTBITES.—To prevent too sudden reaction the person should be kept away from the heat. Rub the affected part vigorously with snow, and afterwards with cold water, until reaction occurs, and in a room without a fire. Later, lard, sweet oil, or oil and lime-water can be applied. Putting the parts affected in salt and water (cold) for 25 or 30 minutes is good for slight frostbites. If any sores follow treat them like burns.

THE GRIPPE.—It is said that asafetida taken 4 times a day, and 16 grains at a dose, will check the grippe at once. It can be bought at drug stores in capsules, and is perfectly harmless. It is as much a specific for the grippe as quinine is for ague.

GUMBOIL.—Apply a roasted fig to the inflamed gum, as hot as it can be endured. Lance it as soon as matter is evident.

HAY FEVER.—Take of carbolic acid $2\frac{1}{2}$ drachms; ammonia water 3 drachms; distilled water 5 drachms; alcohol $7\frac{1}{2}$ drachms; put all into a wide-mouthed 4 oz. vial; keep tightly closed when not in use. To use it inhale the fumes through the nostrils. It often works like a charm.

HEARTBURN.—Take 5 grains of aromatic powder and 12 grains of bismuth; mix, and give 3 times a day. It will almost always give relief. Alkalies if given habitually will weaken the stomach. Those troubled with heartburn should drink sparingly at meals, avoid the use of fatty foods, pastry and the too exclusive use of vegetables. Everything rich and indigestible should be avoided.

HYSTERIA.—Loosen the clothes and admit an abundance of fresh air; then hold the mouth and nose closed and so stop the breathing for a short time. On releasing the hold a long breath is at once drawn which usually results in relaxing the spasm and ending the fit.

FRUIT LAXATIVE.—Chop fine $\frac{1}{2}$ lb. of the best prunes, and $\frac{1}{2}$ lb. figs; then add $\frac{1}{2}$ oz. pure senna and molasses enough to make a thick paste; simmer on the stove about 20 minutes. Keep it in a cool place. A piece of this paste about the size of a hickory-nut makes an excellent laxative. Repeat in about 4 hours if necessary.

HEADACHE.—For nervous headaches and neuralgia the following is an excellent remedy. Take a wide-mouthed glass stoppered bottle, half fill it with soft sponge, and on this pour 3 drachms of a solution of bisulphide of carbon. Keep tightly closed. To use it remove the stopper and press the mouth of the bottle over the seat of the pain for 5 minutes. Press tightly against the skin so that none of the vapor can escape. After 1 or 2 minutes tingling is felt which in 3 or 4 minutes becomes rather severe, but it subsides at once when the bottle is removed. Any redness of the skin soon disappears.

HICCOUGH.—Moisten either granulated or brown sugar with vinegar and eat it. For infants give but little at a time; or a little milk and water is usually sufficient for them. Speedy relief follows.

HOARSENESS.—(1) Beat up 2 fresh eggs, thicken them with sugar, add a little lemon juice or vinegar, and eat a little frequently; it will soon give relief. Or (2) infuse a little finely scraped horseradish in a little water for 2 hours in a close vessel, and then add double its weight of sugar; take a tablespoonful at a dose and it will give speedy relief.

HIVES.—Castor oil applied with the tips of the fingers to the pustules will give speedy relief to the itching. So will baking soda dissolved in warm soft water. Then take 1 cup molasses; 1 tablespoon of sulphur; 1 teaspoon cream of tartar; mix. Take 1 teaspoon each morning before breakfast until relieved.

ITCH.—Dissolve $\frac{1}{2}$ oz. of glycerine and 1 drachm of carbolic acid in 8 oz. of pure water. Apply a few times and it will cure it.

LINIMENTS.—(1) Take 2 oz. olive oil and 1 oz. of solution of ammonia; mix. Useful for sore throats, bruises and sprains. (2) Thoroughly beat 1 egg, then add 1 teacup each of turpentine and good cider vinegar, put them in a bottle and shake very thoroughly. Excellent for rheumatism, etc. A little put on a flannel, laid on where the pain is worst and covered with oiled silk will give almost instant relief.

MEASLES.—An ordinary attack requires no other treatment than to keep the bowels open, use cooling drinks like lemonade, barley water, etc., the daily use of the warm bath and confinement in a moderately warm (*not* exceedingly hot), well ventilated room. After the disease has subsided the patient should have easily digested food, be kept warmly clad, and not allowed to go out of doors too soon. If symptoms of bronchitis, pneumonia, etc., appear, a physician should be summoned at once.

SORE MOUTH.—One drachm of sulphite of soda to 1 oz. of water used as a gargle will soon check ulcerated or inflamed mouth.

NURSING SORE MOUTH.—Gargle the mouth 3 or 4 times a day with a solution of borax, or a *weak* solution of carbolic acid. Also take a tonic like chloride of iron and quinine.

NETTLE RASH.—This comes usually from indigestible food. In an acute attack take an emetic to get rid of the offending substance. This should be followed by a laxative (see "Fruit Laxative") and a light diet, and the article which caused it should be avoided thereafter. A few grains of rhubarb, or of rhubarb and magnesia mixed, taken daily just before breakfast and dinner has often cured chronic cases of long standing.

NEURALGIA.—The following remedy has often proved successful: Take 25 grains of bromide of potassium; 1 drachm of syrup of orange; 10 drops tincture of nux vomica; $1\frac{1}{2}$ oz. water; mix and take 3 times a day. Take also a pill containing 2 grains of quinine with each draught. See also "Headache."

NOSE, BLEEDING FROM.—(1) Put the feet in water as hot as can be borne. This will usually stop it. Or (2) roll up a piece of linen, saturate it with hamamelis or alum and stuff it up the nostril (3) Chew something, shutting the jaws tightly together. (4) Apply cold water or ice to the back part of the neck, the forehead and root of the tongue.—Do not bend the head over the basin as that favors the bleeding, but receive the blood on a wet sponge or cloth.

FOREIGN BODIES IN THE NOSE.—Have the child draw a deep breath, then place one hand over his mouth and a finger against the empty nostril, and strike a sharp blow on his back, thus suddenly forcing the air from the lungs through his nose. It will usually force the substance out.

POISONS.—The first effort should usually be to rid the system of the poison, if possible, and then try to overcome its effects. Send for a physician at once, and in the meantime treat as follows:

For acids, like carbolic acid, oxalic acid, salts of sorrel, salt of lemon, acetic acid, etc., or for creosote, give an emetic (see "Emetics," page 879,) followed by chalk or whiting in water, or lime water, and white of egg.

For alkalies, like ammonia, lime, pearlash, potash, smelling salts, etc., give water containing vinegar or lemon juice, then salad or sweet oil, milk, white of egg, gruel.

For opium, laudanum, paregoric, morphine, and other preparations of opium, or henbane, or belladonna, give an emetic, (see "Emetics," page 879), then strong coffee; keep awake with active motion.

For arsenic, paris green, rough on rats, etc., phosphorus, matches, saltpetre, turpentine, or furniture polish, give an emetic, (see "Emetics," page 879), then white of egg, flour and water, or milk.

POISON DOGWOOD.—When the skin is poisoned by this, apply a weak solution of sugar of lead, or dilute citric acid.

POISON IVY.—When the skin is poisoned with ivy, apply a weak solution of carbolic acid, or sugar of lead. Dilute citric acid or sweet spirits of nitre applied freely are also good. Water as hot as it can be borne, applied freely as often as the itching returns, will afford relief.

PRICKLY HEAT.—This occurs in hot countries, and in extremely hot weather. The treatment is to open the bowels, eat temperately, dress lightly, and keep quiet during the heat. To relieve the itching, especially in children, bathe the skin with warm water containing a little common baking soda.

PROUD FLESH.—Apply pulverized loaf sugar, or pulverized burnt alum.

RETCHING.—Take $\frac{1}{2}$ wineglass of pure lemon juice, just enough salt of tartar to destroy the acidity, and take 1 teaspoon frequently until the retching stops.

RINGWORM.—Apply 1 part carbolic acid in 2 parts water; leave on 30 or 40 seconds, and then wash it off with tepid water. This will cure it.

SALT RHEUM.—An ointment of 15 to 30 grains of chrysophanic acid to each ounce of cosmoline will often cure even obstinate cases. Apply it after a warm bath.

SALVE.—Take equal quantities of beeswax, fresh *pure* butter, white diachylon, elder-flower water, sweet oil, and pale brandy; melt all together in an earthen jar, and keep stirring until nearly cold. Keep it in a glass jar. Invaluable for sores of any kind.

SEA SICKNESS.—Of all the drugs proposed at various times for this distressing complaint, bromide of sodium is the best. Take 10 grain doses 3 times a day for several days before going on to the water, and it will generally prevent an attack.

SLEEPLESSNESS.—(1) Take a sharp walk for about 20 minutes before retiring; or (2) just before retiring, sponge the surface of the body with very hot water; or (3) take a cold bath followed by vigorous friction; or (4) treat the feet and legs in either of these ways. These methods draw the blood to the extremities and away from the head, and so induce sleep. On waking up in the night, rise and smartly rub the body and extremities with the hands or a brush or towel, to thoroughly start the circulation, and afterwards one will often soon fall asleep. These plans are much better than using drugs.

SNORING.—This is caused by sleeping with the mouth open. If the nose is stopped up at night clear it out well, using snuff if necessary. A bandage around the lower jaw and over the head will serve to keep the mouth closed and render snoring impossible. Nurses by holding the lips of children together for a few minutes when they are falling asleep can prevent their forming the habit.

SRAINS.—First apply water, as hot as can be borne, for 15 or 20 minutes; then apply hot poultices of bran or oatmeal and vinegar. Give the injured part perfect rest, and keep it in an elevated position. Rub it night and morning with kerosene and vaseline mixed, or with the second liniment given among our Liniments (which see). Later on, if not quite right, apply a douche of cold salt water, continuing it till the part aches a little, and then rub it briskly with a towel to cause reaction. This will help it very much.

SORE THROAT.—Take 1 oz. each of borax, sugar, and chlorate of potash; dissolve them in 1 quart of water, and use it as a gargle. Excellent. Also, before going to bed, fold a towel in 2 or 3 folds, wet one end in water, lay it on the throat and wrap the balance of the towel around the neck and pin it securely. Leave it on all night. In the morning sponge off the neck with cold water and wipe it dry. A harmless and excellent remedy.

SUBSTANCES SWALLOWED BY MISTAKE.—Make the patient eat three good sized slices of bread, and swallow 4 tablespoons of flour and water made into a fairly thick mass; then give an emetic and the swallowed article will come up entangled in the tenaceous vomit. (For an emetic see "Emetics.")

SUFFOCATION.—Remove the patient at once to the fresh air, lay him on his back and loosen the clothing about his neck and chest. Dash cold water on the face and chest. Keep up the warmth of the body and apply mustard plasters over the heart and around the ankles. If these means fail, try artificial respiration as soon as possible.

TOILET HINTS.

FACE POWDER.—Finely powdered rice is as simple, harmless and good as any powder to use. Calcined magnesia is harmless, and so are chalk and cascarrilla except for their mechanical action in stopping the pores of the skin. *Any* powder when used should be washed off at night before retiring. *Never apply any* substance to the face containing any metallic powders or earthy substances. The great majority of the cosmetics so widely advertised are positively injurious and we unhesitatingly advise against their use.

BLACK HEADS.—These are not animals, but merely the greasy matter secreted by the glands of the skin. The best treatment is to soften them by applying a little glycerine and then squeeze them out by pressing any flat, blunt instrument against the skin, and moving it along slowly. Any redness thus caused may be overcome by applying equal parts of glycerine and prepared chalk. Bathing the parts affected with ammonia is a good preventive.

COLD CREAM.—The best formula for cold cream is as follows:—Take of pure white wax 1 oz.; spermaceti 2 oz.; almond oil $\frac{1}{2}$ pint. Mix these together in a glazed earthenware dish over a *gentle* heat, stirring, while melting, with a silver or glass spoon. When melted add 3 oz. glycerine and 10 drops attar of roses. Then strain through muslin, and, as it cools, stir it to a snowy whiteness. The secret of making fine cold cream is to stir it and beat it well all the time it is cooling.

FRECKLES.—When caused by the sun, touch them with nitre (saltpetre) moistened with water and applied with the finger; apply three times a day and they will soon disappear. Or (2) apply 5 or 6 times a day a strong solution of borax and rosewater. Or (3) apply a lotion made of equal parts of glycerine and lactic acid.

MOTH PATCHES, MASK, MORPHEW AND HEPATIC SPOTS.—Mix 8 oz. rosewater and 30 grains of chlorate of potash; wash the face with it 2 or 3 times a day. Avoid rich and greasy food, take outdoor exercise, and keep the bowels regular.

MOLES.—For small moles apply the acid nitrate of mercury. For large ones electricity is best, but consult a physician.

PROFUSE AND OFFENSIVE PERSPIRATION.—Wash the troublesome parts under the arms, the feet, etc., with one part boracic acid in 20 parts of water. Also dust on the underclothes, over the affected parts, a preparation of boracic acid mixed with starch.

PIMPLES.—These usually indicate that the system is out of order, and should rather be treated by proper diet and remedies than

by local applications. If an application is desired, take 1 oz. sperm-aceti ointment, 2 drachms glycerine and 2 oz. bicarbonate of soda; mix and apply.

SUNBURN.—Apply frequently a solution of equal parts of lime juice and olive oil. Rubbing the hands, face, etc., with almond oil, cold cream or vaseline *before* being exposed to the sun or wind will largely prevent their unpleasant effect.

TAN.—This may be removed by applying glycerine and lemon juice mixed together. Or (2) take magnesia wet with clear water and worked to a thick paste and rub it on.

WARTS.—Rubbing warts with a fresh slice of Irish potato, or with fresh lemon juice will often cure them in a short time. Or (2) apply strong carbolic acid carefully with a brush 3 or 4 times a day and they will disappear in 1 or 2 weeks. (3) A dose of sulphate of magnesia taken daily will cure warts in a short time often.

DANDRUFF.—Wash the head once a day with 1 oz. borax and 1 oz. glycerine in 1 pint of warm soft water.

TO PROMOTE GROWTH OF HAIR.—Take the yolk of 1 egg, 1 pint of rain water and 1 oz. rosemary spirit. Mix thoroughly, use warm and rub well into the scalp with the fingers. Apply twice a week. It softens the scalp, removes dandruff, and makes the hair smooth and glossy.

HAIR FALLING OUT.—Wet the head occasionally with salt and water and it will check it. Or (2) dissolve 15 grains of bicarbonate of soda in 1 oz. water; rub it into the scalp daily, and persevere with it. (3) Rub pure grease in thoroughly every night or two. This often causes a new growth of hair, and it cures dandruff.

BANDOLENE.—Dissolve 1 drachm of gum arabic and 2 oz. borax in 1 quart hot water; then add 3 tablespoons of tincture of camphor. Apply on retiring and do the hair up in curl papers.

OFFENSIVE BREATH.—For immediate, temporary relief, gargle the mouth and throat with 1 part bromo-chloralum in 8 or 10 parts water. The principal causes are bad teeth, a disordered stomach and catarrh, and permanent relief must come by reaching the cause and curing it.

The odor of onions is removed by taking a cup of strong coffee. Or eat parsley with vinegar.

The odor of tobacco may be relieved by taking 1 teaspoon tincture of myrrh, $\frac{1}{2}$ teaspoon spirits of camphor, 1 pint of hot water and a little borax; mix, and use 2 tablespoons of this in $\frac{1}{2}$ tumbler of water to wash the teeth.

A TOOTH POWDER.—Take 4 oz. powdered charcoal; 2 oz. powdered cuttle-fish bone; 1 oz. myrrh; 1 oz. orris root; mix, and use as needed.

GLOSSARY OF TERMS USED IN COOKERY.

Appétisants (A-pay-tee-zan).—Small savories served before or between the courses of a dinner.

Aspic.—A savory jelly, used mostly for garnishing.

Assiette (ass-yett).—Small entrees not exceeding what one plate will hold. At dessert, fruits, cheese, etc., if served on a plate, are termed *assiettes*.

Attelets or Hâtelets (hay-t-lay).—Small skewers. When of silver or plated they are used in dishing up food.

Au Bleu.—(o-bleu).—Fish dressed in such a manner as to have a bluish appearance.

Au Gras (o-gra).—Dressed with meat stock.

Au Gratin (o-gratin).—Prepared with bread crumbs.

Au Jus (o-joo).—In the natural juice or gravy.

Au Naturel (o-na-tu-rel).—Plain, simple cookery; or anything served raw, like oysters.

Bain - Marie (ban ma-ree).—A metal pan which has a loose bottom to hold hot water, into which small vessels can be set to keep their contents warm.

Barde(bar-d).—A thin slice of fat bacon, used, when preferred, instead of larding, to cover meat, poultry, etc.

Barder (bar-day).—To bard.

Barole (bar-oll).—A thin slice of fat bacon placed on steaks, fowls, etc., instead of larding.

Baron of Meat.—Two sirloins, or hind quarters, not cut apart.

Baste.—To sprinkle on flour and salt, or pour on butter or fat—as on meat when roasting.

Batterie de Cuisine (ba-ter-ee-de-kwezi-n).—A complete set of cooking apparatus.

Béchamel (bay-sha-mell).—A white sauce.

Beignet (bain-yay).—Another name for fritter.

Bisque (bisk).—A shell-fish soup.

Blanc (blanh).—White. Any process to give a more delicate appearance —as to whiten poultry, etc. *Blanchir*. To whiten poultry, fruit, vegetables, etc.

Blanch.—To plunge anything into boiling water for a few minutes.

Blanquette (blanh-kett).—Thin slices of white meat of any kind, warmed up in a white sauce and thickened with yolks of eggs.

Blignir (bleen-yay).—To fritter anything in butter and egg and fry.

Bonbon (bon-bon).—Sweetmeats.

Bouchées (boo-shay).—Mouthfuls. Small patties filled with various preparations.

Boudin (boo-dan).—Delicate dishes prepared from forcemeat, etc.

Bouillabaise (boo-ya-base).—A fish soup.

Bouilli (boo-ee).—Meat (usually beef) which is stewed a long time.

Bouillie (boo-yce).—A French dish resembling hasty pudding.

Bouillon (boô-yohn).—Broth or stock; the common soup of France; the liquor from the boilli.

GLOSSARY

- Bouquet of Herbs* (bo-kay).—Parsley, onion, thyme and a bay leaf tied together; used for seasoning soups, etc.
- Bouquet Garni*, or *Assaisonné* (as-sai-zon-ay) is the same as the foregoing, with the addition of cloves or aromatic herbs.
- Braise* (brayz).—To cook in a closely covered dish or braising pan.
- Braiser*.—To stew meat in a braising pan.
- Braisière* (brayz-yair).—A pan used for braising.
- Brawn*.—Flesh of a boar. Also the salted and prepared flesh or head of a pig.
- Brioche* (bree-osh).—A very light bun-like cake. *Brioche au couronne* is a brioche in the form of a crown or ring.
- Brisket* (bris-ket).—The breast of meat, or the part lying next the ribs.
- Brider* (bree-day).—To pass a thread through poultry, game, etc., to keep the parts together.
- Brunoise* (broon-warze).—Clear soup with vegetables.
- Café au lait* (ka-fay-o-lay).—Coffee with milk.
- Café Noir* (ka-fay-nwar).—Strong, black coffee.
- Caisse* (kase).—A little case of paper or china in which various savories are served.
- Calipash* (kal-e-pash).—The glutinous substance or meat found in the upper shell of a turtle.
- Calipee* (kal-e-peé).—The glutinous flesh found in the lower shell of a turtle.
- Canape* (kan-nap).—A small savory; a round crouton with a puree in it.
- Cannelons* (kan-lohn).—Little rolls of pastry variously filled.
- Capilotade* (ka-pee-lo-tad).—A hash of cooked meat or poultry.
- Capon* (ka-pon).—A chicken gelded and fattened for the table.
- Caramel*.—Sugar heated to 420° F. when it loses its power of crystallization and acquires a dark brown color and a bitter flavor.
- Casserole* (kas-role).—A crust of rice, potato, etc., which is to be filled with a ragout or other preparation. Also a stew pan.
- Caul* (kaul).—A membrane surrounding most of the lower intestines.
- Caviar* (ka-ve-arr).—A preparation of the roes of certain fish.
- Charlotte* (shar-lot).—Thin slices of bread steeped in clarified butter and placed in regular order and garnished. They are entremets.
- Chartreuse* (shar-treuz).—A dish made in a mold which is lined in various ways.
- Chaufroids* (show-fro-war).—Entremets; a thick sauce for purposes of masking.
- Chine* (kine).—A piece of the back bone of an animal.
- Choua* (shoo).—Small French cakes.
- Civet* (see-va).—A thick, rich stew of hare or rabbit.
- Clouter* (klou-te).—To insert nail shaped pieces of tongue etc., into meat or poultry; to put cloves in meat.
- Collop* (kol-lop).—A small, thin, round slice of poultry or meat.
- Comfits* (kon-fits).—Confections; sweet-meats.
- Confitures* (kon-fee-ture).—Preserves, sweetmeats, jams, etc.
- Compote* (kom-pot).—A stew of fruit, vegetables, etc.
- Consommé* (kon-som-may).—A strong, clear soup.
- Coquilles* (ko-kee-ye).—Shell-shaped dishes for serving oysters and other savories.
- Couronne, En* (koo-ron).—To serve anything like fritters, etc., in the shape of a crown or ring.
- Cover*.—The place at table arranged for each guest.
- Crackling*.—The rind of roast pork.
- Crêpes* (kreeps).—A kind of pancake.

Croquantes (kro-kan-te).—A bright mixture of fruit and boiled sugar.

Croquettes (kro-kets).—A preparation of minces of meat, etc., flavored and fried in any desired shape. The word signifies something crisp.

Croustades (kroos-tard).—Rich pie crust or paste, baked in ornamental shapes and filled with minces, etc.

Crotte (krou-t).—Crusts or cakes.

Croûtons (kru-tong).—Fried sippets of bread used for garnishing.

Cullis (kul-lis).—A strong broth of meat, strained and made clear. Also a savory jelly.

Curacao (kur-a-so).—A flavoring extract made from oranges. (See "Extracts and Flavorings".)

Curry (kur-ry).—A kind of sauce containing pepper and other strong spices. Also a stew of fowl, fish, etc., cooked with curry sauce.

Dariole (da-re-o-l).—Custard, cream-cake, or a sweet tart baked in a dariole mold.

Dartwois (dar-twor).—A French puff-paste cake.

Daube (doe-b).—Stewed meat. *En daube*, is meat, fowl or game stewed in sauce.

Daubiere (doe-bee-air).—An oval stew-pan.

Dauphins (doe-fen).—Tartletts filled with preserves.

Désosser (das-os-say).—To take the bones out of meat, poultry, etc.

Dorée (doe-ray).—Egg beaten up and brushed over pastry to give it a golden hue.

Dorure (doe-roor).—Literally gilding. Well beaten yolks of eggs used to give surfaces a golden or yellow color. *Dorer*, to gild with the foregoing.

Dresden Patties.—Same as croustades, which see.

Éclair (a-klair).—A small, light cake.

Entrées (on-tray).—The made dishes which follow the first course at a meal.

Entremet (on-tre-may).—Small side dishes, usually ornamental, served during the second course. *Entremets sucre*, are sweet entremets, and include cakes, puddings, etc.

Épigramme or Epigram (ep-e-gram).—An entree in which two materials are placed alternately in a ring.

Escallopés.—Same as collops which see.

Espagnole (es-pa-gnol).—A rich, brown, Spanish sauce.

Fagot.—A small bunch of thyme, parsley, etc., tied together.

Farce (fars).—Forcemeat or stuffing.

Feuilletage (few-e-tazh).—Puff paste.

Fillet (fillet).—A piece of meat, game or fish cut into a string-like form. Also the under cut of a sirloin of beef.

Financière (fee-nan-ce-air).—A highly flavored ragout or sauce.

Flamber (flom-bay).—To singe fowl or game after being picked.

Flan (flan).—A French custard.

Flance (flarn-s).—Side dishes for dinner.

Flaun.—Small pastry, much like tarts.

Florentines (flor-an-tin).—Light pastry meringued over.

Flummery.—Originally a sort of pap made of flour or meal; now a light food made of various ingredients.

Fondant (fon-dahn).—Literally melting; a candy preparation to be melted when used.

Fontoune (fon-doo).—A dish made with melted cheese.

Forcemeat.—Mixtures, principally of bread crumbs, herbs and suet, chopped together very fine and flavored.

Frappé (frap-pay).—Meaning literally to pack in ice boxes; hence applied to beverages partly frozen by being packed in ice.

Frangipane (frarn-ge-pann).—A kind of pastry containing cream and almonds.

Fricandeaux (free-kon-doe).—A piece of meat larded and braised; served usually as an entrée.

Fricassée (fric-as-say).—Fowls, etc., cut in pieces and fried.

Fritter (frit-ter).—Anything coated with egg, batter, etc., and fried.

Friture (fri-ture).—The substance used for frying fritters; frying fat or pan; fried meat or fish.

Galantine (ga-lan-tin).—Fish, meat, poultry, etc., boned, stuffed, cooked, and variously garnished.

Galette (ga-let).—A broad thin cake—a kind of muffin.

Garniture (gar-ni-ture).—The garnishes or adjuncts to a dish.

Gâteau (ga-toe).—Cake, literally; used often to denote a pudding, or a kind of tart.

Gaufres (go-fers).—Waffles; wafers; light, spongy biscuit.

Genoises (ge-nwor-s).—Small cakes made of French paste.

Giblets (gib-lets).—The parts of a fowl which are removed before cooking, as the heart, liver, gizzard, etc.

Glace or Glaze (glass).—Anything iced. In confectionery to cover fruits, etc., with sugar which glistens when hardened. Also stock boiled down thick; used to improve the appearance of braised dishes.

Glacer.—To apply the foregoing glaze. *Godiveau* (go-de-vo).—Savory force-meats, used for entrées, etc.

Grenadines (gren-aw-din).—Stewed meat; also a dish similar to force-meat.

Granites (grah-nit).—A beverage composed of light syrup and the juice of various fruits.

Gras (grah).—Fat. *Au gras*, means dressed with meat gravy.

Gratin (gra-tin).—Meat, fish, etc., covered with crumbs and browned.

Griskin (gris-kin).—The spine of a hog.

Haricot (har-e-ko).—Beans. Also a stew of vegetables and meat; origi-

nally a dish of meat with harcots—hence the name.

Harslet (hars-let).—The heart, liver, etc., of an animal.

Hartlet (hart-let).—A small wooden or metal skewer.

Hors d'œuvres (hor-deu-vrr).—Small side dishes served after the soup or fish. They are considered as appetizers, and consist of sardines, anchovies, cheese souffles, etc.

Huckle.—The hip. The huckle bone is the thigh bone.

Jardinière (zhar-deen-yaire).—A mixed preparation of vegetables stewed down in their own sauce.

Julienne (ju-lien).—Clear soup, containing vegetables cut in strips.

Jugged.—Boiled or stewed in a jug; thus jugged hare is a dish prepared from stewed hare.

Kirswasser (keersh-was-ser).—A liquor obtained from fermented black cherries.

Knuckle.—The knee joint, especially of a calf, as a knuckle of veal.

Kromeskes (kro-mees-kees).—A Russian dish, prepared from croquettes wrapped in bacon and fried.

Lard.—French for Bacon; hence to stuff bacon into meat, poultry, etc. The *larding pan* is the vessel used in larding.

Lardons or Lardoons.—The pieces of bacon, pork, etc., used in larding meat.

Liaison (le-a-zon).—Literally a binding together; hence a mixture of cream, eggs, etc., used to bind and thicken soups and sauces.

Legumes (le-gume).—From the Latin *legere*, to pluck. Applied generally to vegetables which can be gathered by plucking, like lettuce, asparagus, etc.

Lights.—The lungs of an animal.

Lit (le).—Literally a bed or a layer; hence slices in layers, with seasoning between.

Luting (lu-ting).—A paste used to "lute" or fasten the lids on dishes of potted game, etc.

Macaroon (mak-a-roon).—A small, sweet cake.

Macédoine (ma-see-do-an).—A mixture of fruits or vegetables.

Madeleine (mad-e-leen).—A cake similar to pound cake.

Maigre (may-gre).—Dishes made without meat.

Maitre d' hotel (me-ter-dotel).—The steward. *À la maitre de hotel*, is literally in the housekeeper's or steward's manner.

Maraschino (mar-as-kee-no).—A flavoring extract made from cherries. (See "Extracts and Flavorings.")

Marble.—To glaze any dish by sprinkling with sugar and then burning it with a hot salamander or omelet shovel.

Marinade (mar-e-nade).—A liquor in which to steep meat, fish, etc., to heighten the flavor.

Marinate. (mar-e-nate).—To steep anything in a marinade.

Marmalade (mar-ma-lade).—A preserve made of quince or other fruit.

Mask.—To entirely cover an article with any preparation.

Matelot (ma-t-low).—A fish stew, with wine.

Maw.—The stomach of one of the lower animals.

Mayonnaise (may-on-aze).—A sauce or salad dressing, made of oil, etc.

Mazarines (ma-zar-reen).—Same as "turbans," which see.

Menage (me-nazh).—Family; household; housewife.

Menu (men-oo).—The bill of fare.

Meringue (mer-rang).—A kind of icing made of sugar and eggs beaten together.

Merepoix (me-ra-pwah).—Essence of meat and vegetables.

Mirleton (meer-le-ton).—Tartlets made of chocolate, almonds, pistachio nuts, or with preserves and jams.

Mirotin (me-ro-ton).—Slices of meat, larger than collops; the meat served in a ring.

Montglas (mon-glar).—A preparation of poultry, game, etc., chopped, mixed with mushrooms, etc., and thickened with sauce.

Mouiller (moo-yay).—Literally to wet; to add water or broth during cooking.

Mouse (moose).—The piece of beef cut from the part next below the round; also called the mouse-buttock.

Mousse (moose).—Literally moss; a preparation of cream, sugar, etc., frozen; much like ice cream.

Nougat (noo-ga).—A cake made of almonds and sugar.

Noodles (nu-dles).—A mixture of flour and eggs cut in strips and boiled.

Noyau (nwa-yo).—A flavoring extract made from almonds. (See "Extracts and Flavorings.")

Nudels.—Same as noodles.

Omelette (om-let).—Derived from the French oeufs meler, meaning mingled eggs. *Omelette soufflé* is a puffed up omelette. *Omelette aux confitures*, contains jellies and other sweets.

Orgeate (or-zha).—A beverage made with sugar, almonds and water.

Panada (pa-na-da).—A mixture of bread, milk, etc., used in making forcemeats. Also bread or crackers soaked in water or milk and seasoned.

Paner (pa-nay).—To cover with egg and bread crumbs.

Papillotes (pa-pee-yot).—Cutlets, etc., cooked and sent to the table in papers.

Parmesan (par-me-zan).—Parmesan cheese.

Parboil (par-boil).—To boil moderately or in part.

Panure (pan-nure).—Cutlets, croquettes, etc., which are covered with bread crumbs.

- Pâté* (pa-tay).—A small pie. *Pâté de foie gras* is literally a pie of fat liver.
- Patty or Patties*.—Small pies.
- Paupiettes* (po-pe-et). Slices of meat, rolled.
- Petits Fours* (pee-tee-foor).—Small cakes.
- Piccalilli* (pik-ka-lil-li).—An East Indian dish of pungent spices, etc.
- Pièce de Résistance* (pace de ra-zis-tarne).—The principal dish of the dinner.
- Pilaff* (pe-laф).—Same as pilau.
- Pilau* or *Pillau* (pil-low).—A Turkish dish consisting of stewed rice with meat or poultry.
- Piping* (pi-ping).—Ornamenting pastry, etc., with a piping tube.
- Piquer* (pee-kay).—To lard meat.
- Pluck*.—The heart, liver and lights of an animal.
- Poêle* (po-ell).—Stock used for boiling fowls, etc.
- Posset* (pos-set).—To curdle; a beverage compound of curded milk, etc.
- Potage* (po-taj).—Soup.
- Pot-au-Feu* (pote-o-few).—Literally the pot on the fire; hence the stock pot for soup; also now applied to the broth made in the pot.
- Printanier* (prin-ta-ne-ay).—Clear soup, with spring vegetables of various kinds.
- Purée* (pu-ree).—Vegetables, meat, etc., reduced to a pulp and mixed with liquid to make a thick soup.
- Quenelle* (kee-nel).—Delicate forcemeat formed into balls and poached.
- Ragoût* (ra-goo).—A rich stew of meats, etc.
- Raisiné* (ray-ze-nay).—A French jam compounded of fruits, etc.
- Ramequins* (ram-kin).—An entremet, made from cheese, puff paste, etc.
- Ravigote* (ray-ve-go).—A rich white sauce.
- Réchauffé* (ray-show-fee).—Literally reheated; hence meat, etc., rewarmed.
- Relievés* (ral-ve).—Dishes, like roasts,
- which form the substantial part of the meal.
- Removes*.—Same as relieves.
- Rémoulade* (rem-oo-lad).—A sharp sauce used for salad dressing.
- Rissoles* (re-soll).—Puff paste filled with minces and fried.
- Roux* (roo).—Fried or burnt flour used for thickening soups, etc.
- Salmis* (sal-me).—Hashes of game.
- Sauté* (so-tay).—To fry in a frying pan. *Sauter*, is to fry thus in a sauce.
- Savories* (sa-vo-rees).—Small dishes of cheese, etc., served at the close of dinner.
- Semole* (see-mool).—A coarse, sand like, wheat meal.
- Serviette* (serv-yet).—A napkin. *À la serviette*, is served up in a napkin.
- Sherbet* (sher-bet).—An agreeable flavored beverage.
- Sippets* (sip-pets).—Small pieces of bread, fried and used for garnishing.
- Skewer*.—A pointed piece of wood used to hold meat in place while cooking.
- Sorbet* (sor-bay).—A partly frozen, well flavored beverage. *Saumon*, a box used for making sorbets.
- Soufflé* (soo-flay).—A light pudding.
- Stock*.—The broth of which soups are made.
- Tamis or Tammy* (Tam-my).—A fine sieve for straining sauces, broth, etc.
- Timbale* (tim-bal).—A sort of meat pie.
- Truffle* (truf-fle).—A kind of mushroom.
- Truss*.—To skewer; to prepare fowls for cooking.
- Turbans* (tur-ban).—Ornamental small dishes made of fillets of fish, game, etc.
- Velouté* (ve-loo-tay).—A rich white sauce.
- Vol-au-Vent* (vol-o-van).—A crust of puff paste filled with a ragout, fruit, etc.
- Zest*.—The thin yellow rind of orange used for flavoring.

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